WOMANHOOD.

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RECOMMENDATIONS.

WOMANHOOD—Second Edition.

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Two thousand copies of the first edition of this work have been distributed for and sold to families, by its author alone, in about nine months, while lecturing and travelling in the state of New York. The nature and importance of the work forbid its taking a place in the bookstores, and the regard entertained so respectfully for the gentlemen of the Medical Profession, as well as for the amiable class of females for whom it is designed, requires that it should be kept in its proper and most respectful relation to society, and out of the reach of the thoughtless. The gratitude so frequently expressed by the Ladies for the highly becoming style in which it is written, and the valuable and necessary information it has afforded them on subjects at once so *delicate* and important, has made it a *secret* counsellor, much to be appreciated, and truly worthy of the confidence of all females.

The first edition having been so favorably received, the author offers the second edition, "enlarged and improved." It has sustained itself in

the increasing confidence of heads of families through the first edition, without puff, comment, or recommendation; but upon the virtues of its own merits alone it stands yet unimpeached.

By the respect and politeness of a few of his friends and brethren in the Profession in the cities of Rochester and Buffalo, the following recommendations were offered, with names which cannot but give it an additional claim to public patronage:

TO THE PUBLIC.

ROCHESTER, Dec., 1844.

We have perused with pleasure Doct. A. G. HALL's valuable work on the derangements of the female constitution, entitled "WOMANHOOD," (now passing through the second edition.) We are candidly of the opinion that it is a work worthy of the confidence of females generally, and particularly of mothers. The clear, lucid, and respectful manner in which every subject is presented to the mind of the reader, and the great variety of information communicated in so concise a form, make it highly necessary and important to their future health. We recommend it, therefore, with confidence to the patronage of heads of families, as highly instructive and beneficial.

THOMAS HAMILTON, M. D.
GEO. KEENEY, B. P. and M. D.
M. R. TEWKSBURY, B. P. and M. D.
J. B. BEERS, D. D. S.
R. T. REYNOLDS, D. D. S.

BUFFALO, Dec., 1844.

We have carefully examined the work published by Doct. A. G. HALL, of Rochester, N. Y., called "WOMANHOOD," on the changes and derangements of the female constitution, and consider it to be a valuable work for mothers. The information communicated is of that nature as to prove beneficial and instructive to females of delicate health, and consequently of much service. The variety of matter introduced in so clear and becoming a manner to the minds of the readers, makes it worthy of their regard. We do not hesitate, therefore, to recommend it to the heads of families, as a safe and faithful guide to mothers, and not of less importance to all females.

M. W. HILL, M. D.,
and Botanic Physician.
P. P. PETCH, M. D.,
and Botanic Physician.
O. HULBERT, M. D.,
and Botanic Physician.
M. C. PARKER, M. D.
and Botanic Physician, of Cleveland, Ohio.

This Book should not be Lent.

WOMANHOOD:

CAUSES OF ITS

PREMATURE DECLINE,

RESPECTFULLY ILLUSTRATED.

BEING A

REVIEW OF THE CHANGES AND DERANGEMENTS

OF THE

FEMALE CONSTITUTION,

A SAFE AND FAITHFUL

GUIDE TO MOTHERS,

DURING GESTATION, BEFORE AND AFTER CONFINEMENT,

WITH MEDICAL ADVICE

OF THE MOST SALUTARY AND IMPORTANT NATURE TO ALL FEMALES.

ALSO,

Sixty Valuable Vegetable and Domestic Recipes,

WITH DIRECTIONS.

IN THREE PARTS.

SECOND EDITION, REVISED AND ENLARGED.

BY A. G. HALL, M. D.
Author of "The Mother's Own Book," &c.

ROCHESTER:
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1845.

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ADDRESS TO THE READER.

In presenting a work of this nature to the female portion of an enlightened community, a variety of considerations are awakened in the mind of its author. It is with peculiar emotions, that he attempts, in so public a manner, to convey, through the medium of its pages, that necessarily delicate and highly important information that weakly mothers so much require. His fears have almost led him to conclude that it would not meet with that reception which it *might probably* claim under other circumstances.

Through a period of more than twenty years practice, anxious and inquisitive on all subjects of interest in his profession, the author has been gradually led to form those conclusions which the work will more fully develope on a perusal. He has humbly endeavored to couch his sentiments, on delicate subjects, in language as simple as it is expressive, with the utmost regard to those for whom it is designed.

On a serious review of the positions of the female organs—the various functions and phenomena they are required to perform, it is a fact, not less surprising than it is true, that the female system, placed under so continuous a periodical and natural grada-

tion of changes, arising and subsiding, year after year, should exist with so much native vivacity, and constitutional ambition. There is certainly something worthy of our deepest regard as men of science.

In surveying this beautiful structure, complicated as it is mysterious, designed in the order of natnre for a continuous transmission of our species to new generations, we see the female form mantled in health and youthful beauty, teeming with mirth, intelligence and loveliness, at one moment; at another, we see the same form racked with the most excruciating tortures, groaning with the bitterest anguish, horror-striken and distracted, sinking and faint from the loss of blood; at another moment, we behold her opening her bosom, treasured with nutrition and comfort to her offspring in all the dimpled loveliness of innocence and infancy, her eye, beaming with kindness, watching the little stranger with solicitude, assiduity, and delight; at another time, we see her pale, emaciated, languid, and feeble, debilitated, restless, and sickly, withering under the blast of wasting disease; like the vegetable kingdom, from which the frost has just swept the bloom of health and verdure, she is gone—the little group is motherless.

There is a sacred and incomparable sympathy in a mother's love, that inspires her generous soul with ambition—with patience—with resignation—amid the multiplied and peculiar vicisitudes of her situation. But who can extend that love to the motherless? Again; we behold her offspring clus-

tering around her in rich and beautiful gradation, (like grapes upon the living vine, tinged with the glow of a morning's sun) bespeaking past changes and anxious cares. Such a view presents a contrast to the mind at once painfully pleasing, delightful, and mysterious, inspiring the mind with a spirit of confidence and gratitude to that God who sustained her in the hours of her perilous anguish.

Such views are calculated to interest, especially, the physician. In the walks of his profession, the physician necessarily becomes acquainted with, and interested in those changes and afflictions, more readily conceived than expressed. If the bosom of man contains any sympathy for the opposite sex—a class whose peculiar and secluded affections are in nature adapted to themselves alone—if that sympathy is inspired with any dignity that gives it virtue to move—if his intelligence claims any pre-eminence, can he, as an accountable being, knowing the premises, withhold from exerting that philanthropy which might alleviate their multiplied afflictions, administer health to the rising generation, or prolong to the helpless and innocent children, the warm hearted tenderness of a mother's love? With such motives, cherished under such principles, the feeble efforts in the following pages have been inscribed to the American mothers.

In a work of this nature, which is intended to enlighten the minds of our fair readers on subjects that not only involve their own health, life, and happiness, but very many considerations of the greatest importance to the future interests of their friends

and their offspring, it becomes necessary that we should treat the subject freely and dispassionately. The design is to convey truth undisguised; to unfold to them the mysteries of the organs of the female form, with their several functions; the various phenomena connected with their existence in health;—and the complicated degrees of weakness, disorganization, and suffering, to which they are subjected by disease. This alone will evidently determine the importance of the work.

We, therefore, enter upon this subject, with the highest regard for the female portion of the community—for their welfare, their health, and their happiness—with the greatest sympathy for their sufferings, afflictions, and anguish—and with the most profound respect for their virtue, their dignity, and their intelligence. We enter upon this work with a design, elevated as it is pure. The humble communications that may be made on these pages, are intended to rescue thousands from a premature grave, by imparting to them that information which shall enable them, in the commencement of disease, to detect and subdue it; to designate the organ affected, and to seek those remedies, in whose early application fatal diseases may be arrested—diseases which too frequently deprive us of a daughter, a mother, a sister, or a wife.

The charge of indelicacy, and a want of modesty and respect for the female, may be anticipated. But it has been too often the solemn truth, that a false delicacy—a modesty not worthy the name—has so sealed the lips of many of our worthy, amiable, and

lovely women, that the physician has learned only when it was too late to remove the fatality of the disease, already in the height of a protracted inflammation, *its location.* Such delicacy has left many a motherless child—many a lovely daughter—destitute of the kindness, sympathy, and instruction of a generous and noble hearted mother.

In fact, our subject is, all through, necessarily delicate; but it is the design of the author, in every department of it, to attach that dignity to the subject, and to use language so respectful to its fair readers, that he flatters himself it will in this instance, prove its own apologist.

It is so much interwoven with the experience of almost every female, that, were it not entitled to the confidence it claims, its fallacy would be easily detected; but should it be thought necessary to call upon the learned faculty to decide its merits, it will undoubtedly be disregarded; as it is intended to cut off those great sources of sickness, debility, and disease, from whence they derive their wealth and importance.

The practice of the New School has been found much more salutary in regulating the female's complicated frame when disturbed by disease, than that of the old. Medical men, in their ambition to compress their medicine into as small a quantity as possible, have been driven into the necessity of adopting highly wrought chemical preparations, and powerful mineral poisons, which, notwithstanding their apparent benefit in the onset, seldom fail to paralize the energies of the fairest constitutions, in their sec-

ondary and most debilitating effects. We therefore find thousands of weakly mothers, in a climate the most salubrious—in a country designed by nature to promote health, and to secure happiness. The general and simple vegetable remedies that are introduced in this work will, if used, sustain themselves in the beneficial results they are ascertained to have produced. Should the confidence of some who remain yet unacquainted with their virtues, be shaken, it will be restored in their adoption, when their potent and benign effects shall have procured continuous and uninterrupted health.

This work will treat on Menstruation, and all its complicated and unnatural derangements—on the mysterious powers of Conception, with all its phenomena—Gestation, through its several months separately considered—Parturition, with its diversified and peculiar changes, in health and in weakness;—with other important and useful information, intended to enlighten and instruct the female on subjects worthy of her attention alone.

ALFRED G. HALL.

Rochester, December, 1844.

PART I.

CHAPTER I.

POWERFUL MEDICINES THE CAUSE OF FEMALE WEAKNESS.

In introducing a subject of such vital importance to the health and comfort of mothers generally, it becomes an imperative duty upon the Author, to speak particularly of those "Unnatural Causes" of disease, affecting the Uterus or Womb.

This organ is continually taking up from the circulating fluids of the body, a quantity of very nutritious and healthy matter, in order that the periodical discharges may be maintained. It has also to be continually clothed with a healthy mucus, both upon its inner and outer coats. The vessels, in the order of nature, discharge periodically from eight to twelve, and in the healthy female often sixteen ounces of this nutritious matter during Menstruation, every four weeks; and in the absence of the discharge, it has to sustain, nourish and support with the

principles of life, the embryo of the future being, with all its surrounding membranes and fluids. This state is not partial; its changes are continual from the age of twelve years to that of forty-seven. Therefore the continued demand made upon the female constitution by this organ, must, of course, require a constant supply of nutritious matter, not alone to produce menstruation periodically, but to sustain it in strength and vigor. Therefore, any poisonous substance, whether vegetable or mineral, introduced into the female system, that is not congenial to its health, must necessarily injure this organ in particular, for these poisonous properties commingling with the circulating fluids, are deposited in the womb and retained there until the mensis appears, sometimes one, two or three successive weeks, communicating the debilitating effects of the poisonous substances to that organ alone. It would not, therefore, be surprising that almost any powerful medicine taken into the female stomach, must affect that organ in a greater or less degree. The very reason why the nervous system of our females generally is so frequently disturbed, is because those powerful and poisonous medicines are imbibed by the menstruating vessels on the inner surface of the Uterus, and irritate, weaken, and inflame it, and superinduce female debility of a very

protracted nature. Calomel, for instance, from a false estimate which has been set upon its virtues as a medicine, has been unsuspectingly given to many females, and has been taken up by the vessels of the Uterus, and has frequently procured an inflammatory action upon its very sensitive inner surface. The female has become almost distracted, and a series of painful, irritable and debilitating effects has been the consequence, painful and suppressed mensis, and other similar and more dangerous diseases. Calomel is known, and admitted by all medical men, to have produced great injury, and thousands of constitutions are even now the miserable monuments of its destructive powers. We are of opinion from the properties of the organ to which we have referred, that a great proportion of female weakness and debility originate, not from natural disease, but that it is engendered and produced in this organ by the most deadly poison. Nature has formed the beautiful structure of that organ, and has given to it the properties of administering life to thousands yet unborn. Its constitutional strength—the wonderful powers it possesses of expanding to twenty times its common size, and contracting in a few hours to its primitive form again, sustaining at the same time its healthy periodical changes in perfect and constant harmony; such

an organ is seldom the seat of natural disease, its powers are too energetic, and are designed in nature for a higher purpose. But when poison is administered by the scientific and learned quack, and is taken up from the circulation, this organ, from its very nature, imbibes a greater proportion of the deleterious properties, which too frequently destroy its natural functions, and paralize all its native energies.

The poison of opium, morphine, the alkali of opium, laudanum, paragoric and the sedative black drop, and a variety of other forms in which this poisonous drug is administered, form a means of procuring and promoting disease. It is administered principally to our mothers, our sisters and our wives. The properties of opium are, we presume, as well understood here as in China. Opium operates upon all the mucus membranes that coat the inner and outer surfaces of all the organs, and the inner surface also of every part of the body. These mucus membranes discharge a certain thin, ductile and lubricating fluid or mucus : in the deleterious or poisonous effects of opium in its operation upon the fluids of the human body, they are thickened throughout every organ, and on every surface within the body, and thereby deaden and disqualify the Uterus for any of its healthy functions. This effect has been directly ascer-

tained from persons who have taken so much of this poison, that their benumbed organs could never recover from its effects, and death was the consequence. Females who have been recovered from the poisonous effects of opium, who have previously enjoyed a healthy mensis ; after the system had been thus injured, the mensis entirely ceased, and the womb became forever afterwards diseased and debilitated, We have known fine and apparently healthy children die a few hours after birth, from the effects of morphine administered by a popular physician, and taken by the female for two months previous to parturition, after being faithfully warned of its poisonous properties, and of the effects actually produced. Opium is a poison very injurious to the female : it retards labor, it destroys the energy, and prevents the dilation and contraction of the parts, and its use has been a frequent cause of death in parturition or labor ; paralyzing by degrees, and benumbing the muscles and organs so as to retard their natural action, until the female dies from exhaustion. We are of the opinion that morphine, or opium in any form, given in small doses, will procure suppressed and painful menstruation, and a great variety of painful effects upon the Uterus ; that it possesses no curative properties, impairs and injures the general health, and excites and irritates the nervous system,

is a fact which cannot be confuted. Quinine is also a fashionable chemical poison, being too powerful and sudden in its effects for the constitution to bear, and after it has been used, it leaves the glands debilitated, languid and inactive. It has not the narcotic properties of opium. It operates as a powerful astringent and tonic—very bracing and strengthening (during its operation) on the Uterus, but when its artificial effects have subsided, this organ seems to be destitute of all its native energy, and frequently is left a complete wreck. The broad and round ligaments relaxed and prostrated, the falling of the womb or Prolapsus Uteri is the consequence. Many of the other organs and glands of the body are affected in a similar manner. We would therefore caution females from allowing it to be used or administered by any physician. The solution of arsenic, another deadly poison, is a very common drop, used for weak and unhealthy females by physicians, as a tonic or corroborant, and very frequently its effect is similar to that of quinine on the female organs ; but its debilitating properties are more deleterious, and therefore more difficult to remove. When the patient takes two drops a day, it has a powerful effect, and operates as a tonic and brace to the system ; but as soon as it is withheld, its pernicious effects become apparent, and a gen-

eral langor, inactivity of the bowels, emaciation and want of appetite ensues; the female commonly sinks to rise no more. The mensis in such instances is entirely suppressed, and the female becomes distracted, nervous and wild, and lingers and dies from exhaustion and want of rest. Nitre, sweet spirits of nitre, soda, salts, and other medicines destitute of vegetable properties, have been ascertained to be equally debilitating, prostrating and weakening to the female organs, and therefore as medicines intended for mothers, they must be abandoned, or health will virtually abandon the female. The causes of disease exist in the natural way, in many instances ; but disease procured by cold and the changes of the climate soon subside, and the natural energies of the constitution throw it off; but those diseases procured and engendered in the female form by the habitual use of poisonous and deleterious medicines, require something more than the energies of a good constitution to remove. We are therefore convinced, from actual knowledge of facts, that seven-eighths of our young married females become the unfortunate sufferers from the poisons now pretended to be offered as possessing the health-giving properties of medicine, which only prove to be the means of destroying the energies of their constitution, and entailing misery alike upon the mother

and her offspring, upon the present and rising generations. So numerous are the poisons, and so frequently are they administered under the old system of practice, that it would require a whole volume to represent their destructive effects.

CHAPTER II.

BLEEDING ANOTHER CAUSE OF WEAKNESS IN FEMALES.

The practice of bleeding females in this country is very prevalent at the present day. It is considered beneficial by some, from a false estimate of its results on the constitution of females; but from a review of its effects, the "Reformed Medical Practice," both in Europe and in this country, have unanimously condemned it as highly injurious and destructive to future health. It is not only debilitating to the general system, but destructive to the action of the female organs, deranging their functions and periodical changes, producing weakness of the ligaments, preventing and suppressing the accumulation of the monthly discharge, and finally prostrating the native energies of those organs, so as to retard their action and paralize their efforts, when nature requires their most powerful ener-

gies during labor. Bleeding, from its debilitating effects, deprives those organs from assuming their original position after confinement, and thus becomes the procuring cause of protracted debility, and weakness of the back and loins; it entails on the female a constant derangement, by removing that precious fluid which is the only distributor of health, vitality and strength to all parts of the female system.

To take from the female *her blood*, is to take from her so much life; as from the blood all the nutritious fluids are deposited, all the healthy secretions of lymph, mucus, and other invigorating and strengthening materials are distributed and furnished; therefore it lessens their quantity, as well as their quality by its removal; it leaves the organs paralized, inactive and weak. It also deprives the organs of their natural warmth or vitality, suspends the circulation of the fluids, and benumbs their sensitive properties. The loss of blood, therefore, becomes a source of constant misery to the female.

Under the same parity of reasoning, it destroys also the digestive organs, and prevents nature from replacing the precious fluid thus drained from the living body; and even when restored by the native energies of a good constitution, the blood has not that age and virtue which constitute its life-giving properties; it is thin, poor and wa-

tery. This supply of new or false blood commingling with the old, reduces its quality, and becomes the procuring cause of bloat, dropsy and numbness of the extremeties and a universal and general prostration of the functions of the body, skin, and finally of the whole organic system.

It is well known that all healthy females, (who have never been reduced by the lancet or the savage blood cup,) throw off, in the order of nature, from their system, a large quantity of nutritious matter monthly; this nutritious matter must be made and distributed within the system from the blood; consequently, when that blood from which it is made and distributed is removed or taken away, the quantity of the fluid is diminished, the powers of the organ to discharge it is lessened, and the menstrual fluid is arrested; the order of nature reversed, and a constant, painful and suppressed menstruation is the consequence; discoloring the complexion, deranging the nervous system, and prostrating the noblest energies of the female constitution.

To the bad effects of blood-letting might be attributed the protracted labor in childbirth, the prostration and death that so frequently occurs at that period with the females of this country; protracted weakness, to which, also, they are so subject; that cold, benumbed state of the extreme-

ties; that cheerless, pallid look; that sallow, wan countenance; that consumptive cough, that rapid decline. When nature is sapped of its life-giving and restorative agent "the blood," she withers, sinks and expires, the miserable wreck of pretended science, and of boasted mal-practice.

Finally, we consider bleeding a woman neither in accordance with the laws of nature, common sense or humanity. The female who passes off from the system during menstruation a large quantity of fluid monthly,—who, in the order of nature, during gestation, must furnish that nutritious matter which forms the bone, tendon, muscle, nerve, &c., of the unborn offspring; within her system originates the vital energies of a man,—a heart destined to pulsate its seventy successive years, with all the peculiar energies of its mysterious powers. The female system, again, under nature's laws, must digest and furnish from her bosom, that rich and constant supply of nutritious fluid, which gives progressive life, strength and growth to her rising offspring. Under such a review of nature's claims upon women for the nutritious fluids, could you imagine that any person, but a savage, a maniac, or a madman, would rob her or her innocent offspring of their only lifegiving, life-sustaining powers, "the blood?" The untutored savage has always forbid it; nature,

the grand restorer, forbids it. Women, amid all your ills and sorrows, forbid it; and let the scientific and learned, sustaining such a course, sit in a cloud of everlasting shame, and blush with guilt to advocate a practice, at once destructive to the mother and her offspring.

CHAPTER III.

CAUSES OF A DARK COMPLEXION EXPLAINED.

It is a fact, well known and understood by all European ladies, especially those of the British Isles, that the female complexion retains its natural healthful glow, its beautiful commingling of white and red, just as long as she, in the order of nature, passes off the menstrual fluid from the womb, at the regular periodical monthly discharges.

If the mensis is stopped or suppressed, from any other cause than that of conception or pregnancy, the fluid thus retained in the organ is immediately taken up into the circulation, and diffuses itself upon the skin, discolors and destroys the complexion of the female, and that too, in a very short time. The mensis should always continue in healthy females from four to six days, somewhat according to the quantity at that time discharged, the full menstrua-

tion being from twelve to sixteen ounces, (each ounce being the contents of an ounce phial). If one-third of this quantity be retained, it is transferred to the skin, more particularly the face and neck, and round and about the eyes; so if the mensis stops on the third day, one half or more is carried to the surface; and if it passes over one period, with just a slight show or appearance of the discharge, the whole is transferred to the face, neck and head, and all the beauty of the complexion vanishes; the eye becomes dull, the white of it is discolored, the nerves deranged, the top of the head hot; and the female thus, from ignorance and want of attention to herself, sinks into insignificance, and looses all that is pleasing and interesting in her appearance. Therefore females should sufficiently observe the laws of nature, to assist her at such periods. This work gives all necessary instructions in the matter.

CHAPTER IV.

MEANS OF RESTORING THE COMPLEXION.

According to the directions under the head of treatment for suppressed Mensis, and the Recipes, use the means for relieving that deranged state of the discharge,

from period to period, until you have a full discharge ; and as it becomes regular, healthy and natural, your complexion will become clear, beautiful and florid, and you will easily promote a healthy and brilliant eye, with all its usual brightness. All females who neglect themselves in this particular, in not obtaining proper intelligence, or from want of a proper female education, suffer from their own ignorance, and from a false modesty which degrades the sex, and makes them objects of pity, rather than those of admiration and regard. Instruct your daughters on this all-important subject. I here prescribe a wash for females to use, to take from the skin the remains of a disordered and discolored complexion :

Recipe.—Take of pure alcohol one half pint, one quarter of an ounce of magnesia (pulverized,) one fourth of an ounce of salerætus, with twenty drops of oil burgamot, if you wish it scented. Obtain a small piece of sponge, when moistened about the size of a hen's egg ; saturate or wet it partly with the wash after shaking the bottle, and use the sponge, thus half wet with the wash, as a scrubber, to take off the brown gum on the skin, and the oily scurf mixed with it ;—rub the neck and face, and your sponge will become greasy and dirty. Use this application, without washing the skin in water, every second morning. On the morning be-

tween, use a dry clean towel, and rub the face and neck well; avoid the use of water. This wash will remove ruptures from the face, destroy and prevent the growth of pimples, and clear and beautify the complexion; and if the female is regular, her appearance will continue to improve if this wash is used according to directions. Do not use it any oftener than above directed.

CHAPTER V.

THE MENSIS.—THE FUNCTIONS OF THE WOMB.

Nature has adapted every organ in the human body to the fulfilment of certain functions or phenomena connected with its existence. Nothing is formed without a preconceived design in its great Author. This organ is designed for Menstruation, for the nutrition, protection and expulsion of the embryo of a future being, termed in this situation, a fœtus. The broad and round ligaments, aided by the Vagina, sustain it in its position, and administer to its nourishment and strength.

The Mensis is that which nature designed to aid in the work of Gestation in the female, to administer strength, life and nutrition to the embryo of a future being, and without which, the female ceases to con-

ceive and bring forth children, and in its absence, it passes away at stated periods. The healthy discharge in females, generally commences from the age of twelve to that of sixteen years periodically, at the termination of every fourth week, and ceases in the healthy female from the age of forty-three to that of forty-seven, with but few exceptions.

The term of its duration at each period, is from four to six days, in females who enjoy unimpaired health, with little or no pain or uneasiness; we do not consider it, therefore, necessary, that pain and distress should invariably accompany Menstruation, in order to produce health; but we are of opinion, and affirm, that painful Menstruation is the cause of obstruction and disease, and ought to be corrected and removed. [*See Recipes.*]

CHAPTER VI.

FIRST MENSIS.

Some attention should be given to the young female from about the age of twelve to that of sixteen years; for, assistance and careful management administered at such a time, would tend to prevent irreparable injury to the constitution, and long and pro-

tracted debility. The mother or guardian of the female should frequently inquire after those symptoms which indicate approaching Mensis. Some take place without the slightest warning of their approach, and hence require no particular management, only the foot-bath every evening at bed-time, in order to procure a full discharge, to be kept up five or six days. The future health of the female is regulated much by the quantity of this discharge, and a very nervous temperament may at this time be prevented: others have fever, hot flashes in the sides and back, headache, a dull heavy pain in the loins, drowsiness and heaviness of the eyes, soreness of the nipples, pain, tenderness and fullness of the breasts; bearing down pain in the Vagina, darting pains up and down the inside of the thighs. More or less of these symptoms accompany Menstruation in its commencement, with a peculiar uneasy, and sometimes fretful state of the mind. A slight delirium is not uncommon, also a disposition to be wakeful, anxious and restless.

It is important here to mention that obstructions at this age, when Menstruation commences, are of great moment. The complexion of the female becomes sallow, the eyes sunken and dull, dark blue or brown streaks under the eyes, a blueness of the tongue, a loss of appetite, an absence

of that natural sprightliness that is habitual to youth—all indicate this obstruction.

Mothers should, as soon as they ascertain that any one or more of the above symptoms are developed, determine the state of the female, and gentle and progressive means should be used to assist nature. The foot-bath should be used three times a week, and some teas made and prepared for use in such a manner as not to force or drive any thing suddenly, but gradually and progressively. We refer you here to the treatment offered in this work for suppressed Mensis, and the Recipes on that subject. Something should be taken every evening on going to bed, and on rising, for a week or two at a time. In order to promote this discharge, some, from the want of gradual and progressive means, use means too powerful in the onset, so as to confirm, rather than remove the obstruction. Many females from neglect at the first Menstruation, are subjected to painful Menstruation all their lives, and their complexion is entirely ruined.

It has been the case, that in some instances, the Hymen, so called, (a fine thin membrane that exists in the entrance of the Vagina,) which in females generally becomes broken or worn away by exercise, it being ordinarily delicate in texture, in consequence of its being thicker in some females, closes

the passage of the Vagina and prevents the escape of the fluid from the Uterus. In such cases, the membrane must be broken with the pressure of the finger, or perforated with a sharp instrument, in order to give vent to the discharge, which otherwise might prove fatal—superinduce mortification, when death would necessarily ensue.

CHAPTER VII.

PAINFUL MENSIS.

Many females suffer painful Mensis at every successive period, and yet they are regular to a day ; it commonly continues the usual term, from four to six days. The period is, in some instances, similar to slight and periodical labor pains, when labor first commences ; some females suffer very intensely at such times, and are frequently confined to the bed. This state of suffering arises from a cold, inactive state of the stomach and bowels, from repeated colds, chills, agues, &c., wetting the feet, going with slight clothing, carelessness and exposure during such periods—night air, walking in the grass when the dew is on, and various other imprudences. Spasms of the Uterus, are sometimes produced before and after Menstruation, with cold feet and

hands, light pulse and fluttering at the heart. Such a state is superinduced by general neglect and debilitated state of the health. The use of nitre, sweet spirits of nitre, as a medicine, will produce this obstruction and pain, so will paragoric, laudanum, opium, morphine, or any other preparation of opium whatever, in their secondary and most debilitating effects; therefore such medicine ought to be studiously avoided, if a continuous state of health is desirable. These obstructions and pains are procured, not unfrequently, from the effects of the poisons above referred to. They thicken the mucus, lymph or saliva-like fluid that covers and coats the inner and outer surfaces of all the organs of the body, and thereby procure obstruction, debility and pain. Painful Mensis can be regulated and effectually prevented by proper management in three or four periods, and much suffering and pain entirely subdued.

DIRECTIONS.—Use cayenne pepper, ¼ of a tea-spoonfull, blood root, (pulverized,) same quantity; take a powder of that size three times a day, from the time symptoms commence.

CHAPTER VIII.

PAINFUL AND SUPPRESSED MENSIS.

It is not unfrequently the case, that females cease to Menstruate the full period of from four to six days, and, sometimes the discharge continues only one, two, or three days, and not unfrequently is so much suppressed, as only to continue a few hours every month, and that with much suffering and periodical pain, similar to slight pains in labor, commencing in the loins and passing round and pressing down with accute darting pains down the inside of the thighs.—This state is superinduced by frequent colds, damp and wet feet, foul stomach, bleedings from the arm, using poisonous medicine. A general and gradual decline of health, nervousness, sallowness of the skin, dullness of the eyes, palpitation of the heart, hot flashes in the back and sides, sometimes across the forehead, face and eyes, soreness of the breasts, &c., &c., are the attendant symptoms. A general bloat of the body and limbs ensues, dropsy is superinduced, and if not cautiously removed will terminate in rapid decline and death.

Directions.—Promote the Mensis by the means laid down in this work, after gradually cleansing the bowels and stomach with emetic and pills.

CHAPTER IX.

IRREGULAR AND FREQUENT MENSIS.

Females sometimes Menstruate too frequently, and that without any given period. Sometimes every two or three weeks, and that very profuse—differing in quantity and quality at different times, and without much pain, being of a thin watery consistency, but with weakness in the loins, general prostration of strength, feebleness of the knees, paleness of the countenance and general langor. This state is not unfrequently attended with the falling of the Uterus or Prolapsus Uteri, palpitation of the heart, faintness, loss of appetite, costiveness and inactivity of the bowels. The stomach is most generally in fault, and frequently loaded with cold white phlegm ; the hands and feet in particular are cold, and even in the warmest weather, but little circulation in the lower limbs. Tonics are commonly recommended and should be constantly used, but vegetable tonics are preferable to iron, steel, arsenic, or any preparation from either. The strength procured from such medicines as tonics, is more of an artificial kind, and they do not continue to give strength but for a short period after their use, and often have no effect whatever, if repeated. But vegetable stimulants and tonics have a more natural, lasting and sal-

utary effect The stomach and bowels should be relieved before any medicine can be expected to have a salutary effect on the organs impaired. Caution in this respect should always be used, as the strength of the medicine is too frequently lost in the foul matter coating the stomach and bowels, and can therefore neither reach nor benefit the organs impaired.

We refer the reader to the Recipes laid down in this work, and the chapter on Flooding, &c.

CHAPTER X.

IRREGULAR AND UNFREQUENT MENSIS.

This has no periodical regularity, but from five to seven, and from that to nine weeks apart, and sometimes a longer period. It is sometimes the case that the fluid discharged is of a dark color, thick, ropy and fœted, of a bad odor, and not unfrquently clotters of this matter, congealed, remain for months in the womb without being suspected, and produce various degrees of nervousness and an irritable state of feeling. A state of general debility, weakness and langor is not unfrequently the consequence. The term of the Mensis is frequently irregular, sometimes remaining on the female

from six, to eight or ten days, or longer, with but little discharge. During such a period, hot flashes of pain, weakness in the back and loins, accompanied with a dull heavy feeling of drowsiness, difficulty to arouse from sleep, strange langor and want of refreshment procured by sleep, a frequent shortness of breath and compression of the lungs arising from nervousness, and not unfrequently a dry cough, bloat of the abdomen, lower limbs and face, canker of the mouth and also of the Vagina at intermediate times, a sense of heat over different parts of the body; accompanied with rather distracted sensations of mind. These are the most prominent symptoms. From this state of the Uterus and the suppressed discharge, various diseases take their rise, which are seldom traced to the true cause by the common physicians of the day, and are therefore very seldom removed. Thousands of young mothers, and virtuous and lovely women, by this state of the Uterus, are plunged into a premature grave, not from the necessary result that such a state of suffering would produce, but from the repeated attempts that are made by medical men to do something, to administer some drug—for some unknown, uninvestigated, and unsuspected cause of disease,—the symptoms of which they neither understand or comprehend. This stage of debility can

be relieved and removed, and the organ restored to its primitive health without either producing weakness or disease, by native Botanic medicine. We speak knowingly, and from a long experience, but it requires the management of an experienced hand and much caution.

We refer you to the chapter treating on Suppressed Mensis, the Recipes, &c., &c.

CHAPTER XI.

PUTRID OR POISONOUS MENSIS.

This state of Menstruation may not be very common, but we have seen a number of cases during our practice, and some cases of a most aggravated character. This Menstruation is scanty and painful, and the fluid is thick, ropy, putrid and of a dark brick color, possessing the property of irritating and inflaming the labia and Vagina, so as to make them tender and extremely sensitive. Such Menstruation is irregular as to its periods, and its duration is sometimes regular, but scanty. After it subsides, it leaves the Vagina and labia pubendi, dry and irritable, itching sometimes with a sense of heat, at intervals of a few days apart. Some time after Menstruation has ceased, say from a week to ten days, more or less, a matter of

a yellow cast exudes from the os Uteri, possessing the same irritable properties as Menstrual fluids. It frequently continues to annoy and distress the female for months and in some instances for years. Notwithstanding this disease is exceedingly difficult to remove with mineral medicine of the old school, yet it yields to the salutary influence of Botanic treatment. The general health in such cases, is much in fault, and the blood humory, the stomach exceedingly sour, and the bowels costive, the urine high colored, and of a bad odor. We have seen some of the most protracted and aggravated cases. We have seen health once more predominate and the organs restored to a natural and healthy state; therefore we confide much in Botanic medicine. This disease is accompanied with a variety of the symptoms that are connected with the last mentioned states of Menstruation, but more particularly with canker in the mouth and throat. When such females conceive and bear children, the milk partakes of the same poisonous property, reducing the infant in a few short weeks to emaciation. This disease can be removed only by faithfully cleansing the stomach and bowels, and administering those vegetable stimulants, astringents and tonics, by the direction of an experienced and scientific Botanic physician.

CHAPTER XII.

FLUOR ALBUS, OR WHITES.

The Fluor Albus or Whites, is a discharge which exudes from the cellular membrane lining the walls of the Vagina. Sometimes a discharge issues from the womb, which seems to be a kind of colorless Mensis, such as sometimes exists on the last two days of each period. This cannot be called Whites, for it issues from the womb, and the Whites exude from the walls of the Vagina, as above stated. It sometimes exists in females that are apparently healthy in every particular and in the very bloom of life, very profuse without much or any odor, and of a bluish white color, leaving the linen when dry, somewhat stiffened. It sometimes chafes the thighs and the labia pubendi; and cloths are frequently worn and become completely wet with the discharge. This may originate from weakness, but it seldom proves dangerous. It is apt to weaken and debilitate the patient, if allowed to continue unchecked. Another character is assumed by a similar discharge. It changes from white to yellow—greenish, and sometimes even brown and salmon color. It is more glutinous and ropy, and of a disagreeable odor, irritating the labia or lips of the Vagina. When the female exercises, it produces a soreness. This is weakening to the

general health, and more particularly to the parts, producing a relaxation and pressing downwards of the walls of the Vagina, producing a cold weakness, and a continual enfeebling pain in the small of the back, and across the lower part of the abdomen. Bearing down pain is also produced under this disease. The broad and round ligaments become relaxed, and the womb presses into the lower part of the Vagina and rests upon the Urethra, the vessel leading from the bladder out, producing a sinking, prostrating and distracting pain in passing off urine, just before and immediately after the discharge, of a disagreeable twinging nature, a degree of heat and color to the water at times, scalding as it passes through the orifice. This disease, by the native Botanic medicines is easily overcome, if the general health is not too much impaired by its continuance. After the stomach and bowels are carefully and gradually cleansed, a strengthening syrup may be used, with a wash for the parts, possessing astringent and stimulating properties, without producing that toughness, dryness, and insensibility in the parts, which sugar of lead, alum, and other improper medicines produce.

The bowels being thoroughly and gradually cleansed with pills, say two every night for a week, will frequently remove the complaint in its first stages ; but if protracted

and of long standing, after the above means, apply the Recipes referred to on that subject in this work, and use light food.

CHAPTER XIII.

PROLAPSUS UTERI, OR FALLING OF THE WOMB.

This complaint is very common among married females in America. From five to six out of ten are annoyed with this afflicting and painful weakness. There are three causes from which it takes it rise. The first cause is a retention of the Mensis, or permitting a quantity of old Menstruation to remain lodged in the womb until it becomes loaded with very thick, ropy matter, of a dark color and of a bad odor; sometimes large clotters; in this manner the womb becomes loaded and depressed. This state of things brings on the Whites, and the weakness is increased. The second cause of this weakness arises from miscarriages, abortions or premature births, which inflame or weaken the womb; and, as in such cases difficulty arises in removing the after-birth, a part of it is not unfrequently left in the organ, or a large quantity of old blood, clottered, remains to bear it down. The third cause, in connection with bad management after confinements, is the rash and hasty manner in

which the after-birth is torn away, and an injury thereby procured, by imprudent and heedless physicians. This, with too early exercise and setting up, superinduce a weakness of the parts, and consequently general and permanent debility and falling of the womb. I would here remark, before relief can be afforded, the womb must be excited to discharge its contents and the matter with which it is burthened, and a healthy Menstruation procured; then, and only then, can the means described under the Recipe of Cure for Prolapsis Uteri, or Falling of the Womb, be used to advantage. Another part of this work refers to the manner of promoting a healthy state of the discharge, and removing obstructions.

A variety of other causes predispose this weakness to continue and increase until it becomes almost insufferable. The broad and round ligaments that pass up and down, attached to the Uterus, and by which it is sustained in its proper and most healthful position, become, from the causes above alluded to, relaxed and enfeebled, lose their contractile property, and become distended to such a degree, as to allow the Uterus to descend into the Vagina, when, by pressing it continually on its walls, the passage of the Vagina becomes enlarged and the womb comes down so far that a part of its body

presses heavily on the Urethra or passage leading from the bladder out, and in the motion of walking, and the movement of the lower limbs, an irritation and soreness is produced on the neck of the bladder. The walls of the Vagina, also become settled and compressed downward so as to produce a very sinking, debilitating and distressing sensation, with a peculiar faintness and prostration of strength that forbids the female remaining in an upright or standing position. A pain across the region of the bladder and about the loins seems to accompany this weakness, and not unfrequently the case, a difficulty in making water. A peculiar distress at such times, denotes the irritation produced by the pressure of the Uterus on the Urethra. We have known cases where the broad and round ligaments have become utterly relaxed and useless, as to retaining the womb in its position, and it has protruded itself into the world, and hung on the outside of the labia pubendi, swollen, irritated, and flowing ; it had been pressed into the Vagina for five successive times, and efforts made by one of our popular physicians of the fashionable school to restore the exhausted strength of the ligaments and surrounding parts, but without effect, and a cure pronounced impossible in such cases. We have had the gratification of seeing such exhausted cases perfectly,

permanently and radically cured, and restored to all that strength that was necessary in the healthy female. When the Prolapsus Uteri is connected with general debility, and enfeebled constitution, and confirmed consumptive habit and cough, relief is doubtful; but even then, females need not despair. Many artificial means have been used to bear on the outside of the abdomen, and some have used bougees, pissary and India-rubber bladders placed in the Vagina; sponge and other artificial apparatus; but all this is but temporary and ineffectual, and seldom or ever succeeds in procuring natural and confirmed strength. But our Botanic remedies, when selected by an experienced and efficient hand, seldom ever fail to impart lasting and confirmed strength to the ligaments and organs.

Administering the poison of spurred rye, as a specific to superinduce labor,—a deadly poison both to mother and child—too frequently verified in the latter; the use of instruments in dragging by force the child from the womb! what ligaments can bear such violence without weakness? Removing the placenta after-birth with violence and want of caution, setting up immediately after confinement, long flooding, application of fashionable means of stopping flowing by sheets wet in cold water, and ice applied to the abdomen, the worse

than savage treatment to the mothers of the rising generation, is the cause of female weakness, of debility, and too frequently death. Prolapsus Uteri, almost in every case, can be removed and the organs restored. But so complicated is the weakness, debility and suffering of a great number of our females of the present day, that it would be impossible to give any suitable prescription to answer in *every case:* but we will refer you to the general remarks at the close of this part of the work.

Procure a healthy Mensis by promoting the discharge. Without it continues from four to five, or six days, it cannot be considered healthy. Relieve the womb from the dark, ropy, putrid matter, and the clotters that have so long burthened it and weighed it down, and Prolapsus Uteri, in many cases, will soon disappear. It must be considered that all the means used to procure the Menstruation, must and will strengthen the womb, and the ligaments sustaining it in its position ; so that female weakness can be overcome by regulating and at the same time strengthening that organ during the proper periods.

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CHAPTER XIV.

SPASM OF THE UTERUS, OR CRAMP IN THE WOMB.

Perhaps there is no pain connected with the thousand incident to the female sufferer, that is so agonizing and acute as the Spasmodic Action of the unimpregnated Uterus. It is not unfrequently mistaken for inflammation of the bowels, by some of our fashionable medical genius. With a great deal of plausibility, bleeding and blistering is resorted to, and purgatives of salts administered, which increase rather than remove the disease, and procure more of the Spasmodic action of the womb; contracts the broad and round ligaments, and the suffering is much protracted. The Uterus or womb seems to contract and draw itself into a hard lump, and sometimes the ligaments on the right side become contracted, and sometimes those on the left side, just above the hip bone. A hard lump may be felt with the most acute and agonizing spasm, and it is not unfrequently the case that all the ligaments connected with the womb are spasmodically contracted at the same time, and the womb is then sustained in the center of the abdomen, a little below the navel, in the most acute periodical spasms of from twenty minutes, more or less, apart. The extremities become cold, the pulse is low, the countenance generally pale and of a bluish

cast. The abdomen is sometimes warmer than usual from the painful contractions within. This disease prostrates the female instantly, and sometimes extends its spasmodic influence all over the body and limbs, and produces fits of rather a serious character. A severe pain in the head and back part of the neck, with a contraction of those ligaments leading up and down the back part of the neck, sometimes precedes an attack of this kind. The parts are left weak, tender and sore after it subsides.—This cold, crampy and spasmodic state of the organs and muscles is superinduced by habitually using salts as a purgative medicine; nitre, soda, or any other cooling medicine. It is frequently caused by wetting the feet or being exposed to cold, damp air, immediately before, during the period, or after Menstruation; standing in a damp cellar and other like imprudences, and it may originate from any thing very cold being taken into the stomach, or from cold phlegm, and unhealthy and foul state of that organ. Chill frequently precedes the spasms.—Bleeding ought to be strenuously avoided, for it increases debility and destroys vitality. We have known females to be bled, blistered on the abdomen, purged and dieted for three or four weeks before the spasmodic action could be allayed. We were acquainted with a young lady who was bled five

times in two days, purged powerfully, and reduced so low as to prevent her from rising from the pillow, and was thus confined under the most fashionable medical treatment for nearly four weeks, when all the spasms, pain, debility and contraction could have been reduced in two hours, by bathing the feet in hot water and taking something warming, such as strong ginger, white or black pepper, used in hot water and given freely until the spasm ceased. The Botanic treatment would be half a tea spoon even full of cayenne pepper, every ten minutes in half a tea cup full of hot water, sugar and milk, until the pain subsides. This will stop spasm and cramp, warm and relax the parts. We speak from repeated success in the use of stimulants of this nature, and it is utterly impossible for us to resist the repeated evidence of their benign effects. But it must be given freely. They can produce no harm, but that of a natural and general warmth and perspiration, and consequently, permanent and salutary relief.

CHAPTER XV.

INFLAMMATION OF THE WOMB.

This organ in a great many females is very obtuse, (when unmolested by foreign

matter on its inner surface,) is destitute, in a great measure, of acute sensitive feeling, and therefore inflammation or soreness is not perceived so readily in its first stages, as if it were in the breast or in some other organ; especially where the female has been drugged with sweet spirit of nitre, dovers powders, opium, morphine, quinine and other deadening and destructive medicines, for years, in protracted weakness, &c., &c. Under such circumstances inflammation frequently commences, continues and terminates in mortification, and death ensues, without any apparent time for the attending physician to prevent such a result. This organ is more disposed to inflammatory action immediately after confinement than at any other period. But there is an inflammation of this organ which not unfrequently terminates seriously, just before, during the period, or immediately after Menstruation. Young females. after taking cold during the first months of their Menstruation, are apt to be feverish at such times, and show a good deal of nervous excitement and partial delirium; and their utter carelessness at such times is not uncommon, and the source of great suffering and frequently death.— The womb becomes swollen and sore. The broad and round ligaments partake of the inflammatory action, and the back and sides become sore, the abdomen and the inside of

the thighs, and a strong excitement of the mind from the irritation existing in the very sensitive parts of the womb, producing the most acute pains, are some of the symptoms in some; and in others, when this state of inflammation commences, a very glossy and glaring appearance of the eyes, a blue tongue, with either a very great depression of spirits, headache and inactivity, or a species of delirium and nervousness; a twitching of the muscles in some instances, accompanied with a livid paleness and general langor of the pulse. It requires very immediate attention. It is superinduced or brought on by carelessness in taking cold, and from a variety of circumstances which would be too numerous to mention. The approaching symptoms are various, and very rapid in their progress towards confirmed disease. Inflammation from cold taken at such a time, and disregarded and neglected, (as that organ frequently is, more from delicacy than design,) in robust and healthy females;—the foundation is laid in the disorganization of the functions of this organ of very many serious and protracted diseases, which are seldom, if ever, by the fashionable faculty, traced to their origin, and less seldom treated with any degree of skill or management. Ignorance on the subject of female complaints of this nature, being so general among physicians of the

present day, that it is crying disgrace to the medical profession. We should advise all females to treat any sore swelling of that organ with immediate attention, lest its termination might prove fatal before relief can be consistently administered. We refer to directions with Recipe, &c., laid down in another part of the work.

CHAPTER XVI.

SCIRRHUS STATE OF THE WOMB.

In some instances, this organ loses its softness, becomes somewhat compact and hard, and has a peculiar roughness about its os uteri. In such instances, those that have come under my observation are not common. The complexion of the female is generally sallow, the eyes somewhat sunken, with a want of expression and vivacity about them. The lips are inclined to be purple, the tongue glossy and blue during Menstruation, which is uniformly scanty and continues but a few hours, and not more than two days at most, with a very dark and unnatural discharge, an inactive state of the Vagina, coldness, dryness, and a want of flexibility and softness. The passage from the outside to the upper part of the Vagina seems to be contracted and unnatural just

previous to Menstruation. There is an itching connected with a spasm across the lower part of the abdomen, and a sense of faintness. The bowels are generally costive, and this inactive state sometimes extends to the rectum, the lower passage of the bowels; and we have known an instance or two where the neck of the bladder became so affected, that the urine could not be retained. To my surprise, the parts were restored to action, after being thus affected for three years. In one case, there was a total suppression of Menstruation; and when it was restored, it passed alike from the orifice of the Urethra as well as that of the Vagina from the os uteri, and during Menstruation the urine was colored with the Menstrual fluid; but it finally was restored to its natural and regular periodical stages, the general health of the female being greatly improved. To evacuate the stomach, to purge the bowels thoroughly, followed with stimulants and tonics repeated again and again, steaming the parts, bathing the feet, using the flesh brush and other active means, will contribute to restore and promote healthy action. A Uterus was dissected that was as Scirrhus as cartilege or gristle, its cavity was not much larger than a common sized bean would occupy, and the passage through the neck was not discernable. It had only once contained a fœtus

and expelled a full grown child. It was stated by the physicians who assisted, that the Schirrus state of that organ was caused from the use of cicuta, (a famous medicine with the old school,) administered in small doses for a number of years. The female was about the age of forty. Doubtless this disease was wholly superinduced and protracted by the use of complicated poisonous medicines, such as cicuta, quinine, &c, It seldom occurs.

CHAPTER XVII.

CANKERED STATE OF THE WOMB.

This organ, from repeated colds, painful and suppressed Menstruation, miscarriages, premature births, bad attendance, and improper management after child birth and during labor, floodings, frequent bleedings, and suppressed Lochia, becomes affected in such a manner as to become very tender and painful at intervals, and the os uteri or mouth of the womb becomes swollen, with its lips turned outward, not to say hard and Scirrhus, but soft, large and very sensitive. During the time between the periods of Menstruation, it sometimes discharges a greenish yellow matter. Its effect on the labia and walls of the Vagina is to produce

a canker and tenderness. It predisposes the Vagina to swell and inflame at periods, with a peculiar sense of heat. The Uterus, at such times, is generally very low down in the Vagina. Walking is very unpleasant exercise for the female at such times. The Menstruation is frequently scanty, with but little or no color, and so affects the parts during its periods, as to produce irritation of a burning and heating nature. At times, the walls of the Vagina, especially after long standing or walking, seem to come down and press as it were together and downward, making the labia appear as if they were swelled and large. The sensation produced in most females thus afflicted, is that of a sinking, faintish feeling, with a sense of general langor. They are unable to do any thing, and scarcely able to move about. The health in general, with this state of the Uterus, is usually poor and feeble. A good deal of soreness about the mouth, throat and lips, with a discharge of saliva, rather of a thick, slimy nature.—Canker, tenderness of the breasts, tenderness of the points of the fingers, and occasional soreness of the flesh, at intervals hot flashes passing up the back, (which is always feeble and painful in this disease,) to the side, between the shoulders and to the back of the neck, not unfrequently producing a dull heavy headache, pain over the eyes,

more like a fullness or pressure to the head than like a headache, great stupor and inactivity previous to Menstruation, a disposition to sleep, with scarcely the power to arouse. The pulse, at such times, is generally feeble, and the blood vessels very small, appetite ravenous at times, and after eating stupor; at times no appetite whatever, bowels inactive and weak, seldom move without physic. The body frequently bloats. The lower limbs and face puff up at intervals during the progress of this disease.— The mind also is frequently irritable and anxious. It would surprise you were we to tell you that all these symptoms originate and exist from the putrid state of the matter lining the coats of the Uterus on its inner surface, and in the fundus uteri or back part of that organ. The most unpleasant state of mind is produced under this afflicted state and the nerves are painfully irritable. Nothing but injections, given with the greatest caution, in the inside of the Uterus, has produced permanent relief, and those variously compounded. We have known them given in that organ, that so affected every part of the female frame as to produce instantaneous and permanent relief, and great tranquillity, both of mind and body. Very unfrequently this means of relief, we have found salutary and beneficial to a surprising extent, with other restorative and properly

directed vegetable medicine. We have beheld, with peculiar gratification, the afflicted female arrive to a state of permanent good health, after having been afflicted for years. From ten to twelve physicians had attended her, many of them reputed to be very eminent, without even suspecting or even claiming any position that would lead a person to suppose that they had any knowledge of the cause of disease. It was called "nervous spinal irritation," a very fashionable name for the incomprehensibles at this age. Use means to cleanse the system with emetic and pills, taken freely and gradually; wash the body all over three times a week, in saleræetus water; revive the skin, and promote Menstruation freely.

CHAPTER XVIII.

DPOPSY OF THE WOMB.

The womb is sometimes disposed to become large, and to indicate a soreness on touching it, which is more particularly felt just previous to Menstruation. The general health of the female is at such times rather poor, the countenance pale and sallow, the appetite bad, the mind uneasy and restless. The discharge from the Uterus during Menstruation is profuse, but on its

first appearance it is of a light salmon color, and as it progresses it becomes thinner and less colored until it appears like water. The back, during the period, is very weak. A general langor pervades the whole system. The Mensis is irregular, and is disposed to overrun the time. In some instances, the Menstruation is filled with dark clotters, and the other part a slimy, watery substance, of a bad odor. The womb remains considerably low down, and is disposed to be relaxed, with its mouth open. A feverish bloat accompanies this disease just previous to Menstruation. The urine at such times is suppressed, and but small quantities pass away, and that high colored, and sometimes thick and of a bad odor, frequently leaving a brown sediment in the bottom of the vessel. The bowels are generally costive and do not move, sometimes, twice a week. Exercise in walking or standing produces uneasiness and bearing down pain. A predisposition to bloat is perceptible. and general dropsy is sometimes indicated. A dropsy of the abdomen alone sometimes ; and not unfrequently in some instances a shortness of the breath, denoting a dropsy of the chest. These symptoms are dangerous.—Dropsy, with the old school physicians, can seldom be arrested before tapping becomes necessary; yet the new school physicians control that disease with surprising effect

and satisfaction, even frequently when abandoned by the learned of the old practice. In this case, the general health having been regulated by proper opening and vometive medicine, with stimulants and tonics, and continued diuretics and diaphoretics, success is insured and maintained. Great relief can be obtained in the first stages by using the recipe for dropsy, or on taking any vegetable medicine that will procure an increased quantity of urine. Avoid mineral medicine, bathing the surface of the body twice in 24 hours for a week with salerætus water and soap, relieve the bowels with laxative pills, gradually and freely.

CHAPTER XIX.

INFLAMMATION OF THE OVARIES.

It is frequently the case that many females suffer much from this disease, although but little suspected. It sometimes appears to the female as if she had two small kernels about the size of a walnut, on each side, or rather under the womb next to the back, (see description of the Ovaries in another part of this work,) a soreness is felt at intervals, and at other times the inflammation subsides, and it returns again at intervals.—Sometimes, its period of return is just before

Menstruation. And oftener, we should think, in a great diversity of cases, after Menstruation ceases. It is peculiarly afflicting to the female, and she cannot bear a jar of the footstep in walking without very sensitive pain; darting pains pass upward from that point, and are sometimes very acute. The natural moisture, lining the walls of the Vagina becomes thickened and has a bad odor. When the inflammation is away between the intervals, the female has a weakening discharge similar to Whites or Fluor Albus, and of a bad odor. If this inflammation of the Ovaries is not corrected, it frequently diseases and cankers the whole Vagina, and has a very irritable effect on the womb.—Sometimes, this disease causes instant death, terminating in mortification. The abdomen below the naval and region of the Ovaries, turn purple after death. Thousands of delicate females are suddenly removed without a knowledge of the disease. The female syringe should be used freely, with the Recipes called "lavement for the vagina," and means should be immediately offered to relieve this inflammation. The disease may be readily ascertained by referring to the position and description of the Ovaries in this work. Females under this diseased state of the Ovaries seldom have children. Sometimes false conceptions occur from the imperfect state of these organs. A gentle

emetic given slowly, would be of great service as preparatory to removing the inflammation. A solution of weak pearlash or salerætus water would be beneficial, injected into the Vagina with the female syringe; a tea of cayenne pepper used freely at such times, frequently bathing the feet, with laxative medicine taken occasionally, with a warm vapor applied to the Vagina. [*See mode of using female vapor bath to the Vagina.*]

CHAPTER XX.

ENLARGEMENT OF THE WOMB AND FALSE CONCEPTIONS.

Hydatides may be brought under this head as they seem to be small round globules from the size of a small hazel nut to that of a filbert. They appear to be filled with a semi-transparent lymph, covered with something of a tough membraneous substance. The globules, from the number of five to that of ten or more, appear to be united and form something similar to a bunch of grapes. These pass off from the womb with pains similar to labor pains, and discharge of blood-colored fluid passes off immediately afterward. The breasts and the appearance of the abdomen indicate pregnancy; but there

is not generally any life perceptible in the womb, and therefore something false is anticipated. During the period that they are forming, similar feelings exist to that of regular conception, and the Menstruation ceases. In cases of false conception there is nothing of the kind suspected, and therefore no primitive symptoms can be ascertained. The Menstruation becomes very scanty, and sometimes nothing but a show appears at each period ; at other times nothing whatever. A sense of fullness is felt, but very little enlargement of the abdomen. A sinking, faint and languid sensation continues to affect the female at intervals of from four to six days apart, and sometimes oftener. The breasts frequently become tender, and towards the termination of nine months the breasts will fill up and swell, and the milk will run freely from the nipple. This sign, when no enlargement of the abdomen presents, is a confirmed sign of false conception. The appearance of the thing conceived is sometimes like a large oblong globule, semi-transparent and of the same kind as the Hydatides, only much larger. At other times, it seems like a bunch of flesh curled together; when unrolled, to appear flat but elastic and contractile, with little round bunches on the inner surface. The thing conceived partakes of a variety of forms, round bunches of hard flesh covered with fat, and a

variety both in form and size too diversified to describe. Sometimes there are appearances of after births, of secondines or membraneous substances, and water surrounding the false conception and producing an enlargement of the abdomen. Instances of false conception occur frequently without any membraneous substances, and without much enlargement of the abdomen. Polipus is a tumor which grows from the Fundus Uteri, and is of very rare occurrence ; sometimes from the body of the Uterus and other parts. We shall not attempt to describe it. Other swellings and tumors that exist in the Uterus are of a diversified and inexplicable nature—some terminating in one way, and others terminating in another, leave but little guide for any description. The treatment under the delivery of false conceptions, is to procure, by any gradual and progressive means, a discharge from the womb. The teas described under the head of "Treatment for suppressed Mensis," are applicable to such cases. They seldom pass off without much severe pain, similar to la-labor pains. and the Uterus is frequently left in a debilitated and unnatural state.—Much nervousness is the general attendant on such unnatural phenomena, and not unfrequently delirium, a wild and distracted state of mind; at other times, where constitutions differ, there is stupor, drowsiness,

and a disposition to unnatural langor. False conceptions, however, are of rare occurrence.

CHAPTER XXI.

TREATMENT FOR SUPPRESSED MENSIS.

It becomes important in this part of the work to present to our readers the treatment necessary when cold, dropsy, debility from frequent blood letting, or general debility, or any cause originating from disease or medical poison, has prevented Menstruation from returning, and the course which ought to be adopted by the female in order to remove or prevent suppressed Menstruation or Green Sickness. The means used must necessarily be very prompt, and followed up with earnestness; for nature's periodical movement if possible must be sustained at her usual time, or it is needless to do anything till the next period. Therefore as soon as the natural symptoms of Menstruation cease to show themselves at the time they are due, the feet must be bathed in hot water, morning and evening, warm drinks taken, of either *tansy*, *rue*, *feather-few*, *southernwood*, *motherwort*, *savin*, *penny-royal*, *thyme*, or some one of these teas.—At night, a hot brick placed in water until

its hissing has almost subsided, then immediately taken out and wrapped in a flannel or piece of woolen blanket, which has been first dipped into hot water, and wrung out as dry as possible; then carefully wrapped round the brick in three thicknesses of the flannel, and tied up with a piece of tape or string, and placed at the soles of the feet on going to bed; drinking freely of the herb and pepper tea. When pain commences, and nature appears disposed to press through the obstruction, continue to use the teas;—two small flat stones may be obtained, heated and cooled in the same manner as the brick, and wrapped up and tied in the same manner, and laid on each side of the groins, rather upwards towards the navel over the undermost garment, and in this situation to remain covered up warm and in a perspiration. It will be necessary to persevere with decision, and if the discharge should commence, continue the application and perspiration until the discharge is fully accomplished. Remember that the diet at such a time be as nutritious as possible. A spare diet under such circumstances would counteract any attempt to procure Menstruation; therefore, it will be always understood that a suspended or suppressed Menstruation cannot be restored or removed without nutritious diets, such as fresh beef eaten daily with all its juices, or any other

meat that is nourishing—rich broths, eggs, chocolate, &c., &c., given purposely to increase the quantity of nutritious matter which the womb takes up at such periods. If much pain accompanies the discharge, drink freely of cayenne tea, and use the other means to which we have above referred.—Impatience and uneasiness ought to be avoided, for that very state of mind will be decidedly injurious to the promotion of a discharge. Remember always, that the organ when it once becomes affected by cold, is sometimes very difficult to arouse into action; therefore, a constant perseverance, making thorough work of it during the time the period lasts, is the only effectual means of success. But should the time of the period be past, any means used out of nature's given time, would be only calculated to increase the obstruction; so that, should the discharge not appear, it should be deferred until the week previous to the time the Mensis becomes due. And should a free discharge be obtained at this time, it must be again attended to, at the next period, with teas, bathing the feet, and so onward, until the organ become so far recovered, as to act periodically from its restored energies.

CHAPTER XXII.

RECIPES FOR COMMON OBSTRUCTIONS OF THE MENSIS.

Recipe No. 1.—Take 1 oz. tansy dried, ½ tea spoonful of cayenne pepper, 1 qt. water, boil and strain off, sweeten with honey. This is good for young girls. 3 tea cups full in 24 hours; commence two days before the Mensis is due, and continue its use one week, it will strengthen the womb, and promote Menstruation.

Recipe No. 2.—Take 1 oz. of dry pennyroyal, ½ tea spoonful cayenne pepper, boil ½ hour in one qt. soft water, strain off, add 1½ pint pure Holland gin, ½ pound of honey, for young girls, and slender and weakly constitutions, it promotes the Mensis. A tea cup full three times per day, previous to and during the period. Good in all cases of painful and suppressed Mensis.

Recipe No. 3.—Take 1 ounce of dry savin, one table spoonful of flax seed, 1 table spoonful of ginger; boil ½ an hour in 3 pts. soft water, strain off clear, add ½ pt. good molasses, ½ pt. good brandy; shake well. A common wine glass full 4 times per day. Commence 2 days before the time the Mensis is due, and continue it for one week without cessation. This is good in protracted cases of irregular and unfrequent Mensis, in almost all derangements of the

monthly periods; is safe, very strengthening, and will promote a healthy state of the organ. Good for old maids and old girls, widows, &c., and married persons having no children.

Recipe No. 4.—Take 1 oz. of the herb called rue, ½ tea spoonful cayenne pepper, 1 qt. soft water; prepared and taken same as first Recipe. Good in all cases of suppressed Menstruation, and frequently when one herb appears to have no effect, this succeeds well. Safe.

Recipe No. 5.—Take 1 oz. featherfew, (an herb growing in gardens with a full round white blossom and an indented leaf,) prepared in the same manner as Recipe No. 2, and taken in the same manner, proves highly beneficial and very strengthening to females of partially suppressed Menstruation and bearing down, taken the week previous to the time the Mensis is due.

Recipe No. 6.—Take of southernwood herb 1 oz. dry, or 2 oz. green, prepared in the manner of Recipe No. 1, used and taken in the same manner, proves highly beneficial where other herbs sometimes fail.

Recipe No. 7.—Take of the herb called motherwort prepared in the same manner as Recipe No. 2, taken in the same manner. Good for mothers, one month after loosing an infant, or commencing to Menstruate, while or after nursing; strengthening, salutary and regulating.

Recipe No. 8.—Take of the herb called thyme ½ oz., ½ oz. camomile flowers, 1 oz. ground or chipped logwood; boil 3 pts. soft water ½ an hour; strain off; add to each qt. of the liquid ½ pt. good pure brandy, ½ lb. of honey; bottle for use. This for a female cordial to be taken 3 wine glasses full per day for a week previous to Mensis commencing, is really very beneficial and strengthening to the organs, and a fine regulator of the health, and will much assist to prevent prolapsis uteri, or falling of the womb.

Recipe No. 9.—Take 1 oz. of the leaves of hemlock boughs, boil in 2 qts. soft water, add 1 qt. common whiskey, ½ tea spoonful cayenne, ½ lb. honey; very good for females after having taken cold, and in cases of much pain. Drink 3 tea cups full in 12 hours, with other means.

CHAPTER XXIII.

RECIPES FOR PROTRACTED CASES OF DISEASED MENSIS, OBSTRUCTIONS, &c.

Recipe No. 10.—Take 1 oz. of savin, 1 oz. of pennyroyal, 1 qt. soft water, simmered until the strength is steeped out; strain off; add 1 pt. of best Holland gin, and ½ lb. of pure honey, and one tea spoonful of pure cayenne pepper, and bottle for use. 3 to 4

wine glasses per day, as soon as the symptoms of Mensis commence. Continue for a week, bathing the feet, using the warm brick at night to the feet, &c.

Recipe No. 11.—Take 2 oz. of black cohush, black snakeroot so called, dry and pulverized, 4 oz. green sliced up, steep 4 days, 1 qt. of pure gin; add the same quantity of soft water, one oz. of cayenne pepper, 1 lb. honey; strain off, bottle; one wine glass full every 3 hours. This is very certain, continued from two days previous to Menstruation, during the period. It is perfectly harmless, and very strengthening.

Recipe No. 12.—Blood root 3 oz. pulv. and steeped in 1 qt. of good brandy, 1 tea spoonful every hour when awake for 3 days, just previous to Menstruation, using the other means, bathing the feet, &c., is very successful.

Recipe No. 13.—Take ½ lb. fresh logwood ground or chipped; boil it in an iron vessel in four qts. soft water, down to 2 qts.; strain off; add 1 qt. best brandy, and 1 lb. of good honey, and bottle for use. Take 1 wine glass full every 2 hours during day and night; it will produce great effect with bathing, &c., and can be relied upon in very difficult cases.

Recipe No. 14. — Take 1 oz. hemlock gum, to 1 pt. 4th proof alcohol, pulverize and mix, shake it for 2 days, occasionally;

add 2 qts. strong tansy tea, 1 tea spoonful of pure cayenne pepper, drink 3 wine glasses full per day, at the proper time : powerful and harmless.

Recipe No. 15.—Take ½ oz. blood root pulverized, ½ oz. pure cayenne, mix ; ½ tea spoon even full 3 times a day immediately after eating; this continued for a week before Menstruation and during the period, in ½ tea cup full hot water, sweetened.

Recipe No. 16.—Black cohush, blood root and cayenne pepper, mixed and taken the same as the last Recipe, in ½ a tea cup full of milk, 3 times a day, immediately after eating, for a week previous to Menstruation, will prove highly salutary.

Seldom will any of these medicines have much effect, without the feet are bathed in warm water, frequently, and the patient be kept warm; relieving the bowels previously with laxative pills. In bathing the feet it would be necessary to keep them in the water as hot as it can be borne, half an hour; at the expiration of fifteen minutes, add more hot water and keep up the heat. A pail is frequently used, but a large tin or copper boiler is much preferable, and the effect desired is generally more easily and readily produced.

CHAPTER XXIV.

LAVEMENT FOR THE VAGINA.

No. 1.—Where there is much soreness on the walls of the Vagina, and a discharge from its coats of a yellow tinge, a piece of salæratus of the size of a bean put into a tea cup full of soft water, adding a little sweet cream, and inject with a female syringe three times a day, will prove beneficial, cooling and healing.

No. 2.—Another more effectual lavement in case of canker; take ½ tea spoonful of blood root pulverized, steep it in ½ pint hot water; let it settle, and use it three times a day with the female syringe. A small piece of cotton wool or sponge, may be so placed, as to prevent its escaping.

No. 3.—Make a wash of the bark of the root of the sumach tree, 1 handful of sliced bark, ½ oz. gold thread, to a quart of water boiled and strained off; add a little cream to be used in the same way. Very healing, cleansing and strengthening.

MODE of APPLYING WARM VAPOR TO THE VAGINA.

No. 4.—Take a jar or some other vessel about 2 feet or more high, similar to a small churn; put about 4 inches deep of hot water and a handful of tansy, wormwood, pennyroyal, summer savory, common smart weed, or a few twigs of hemlock or cedar

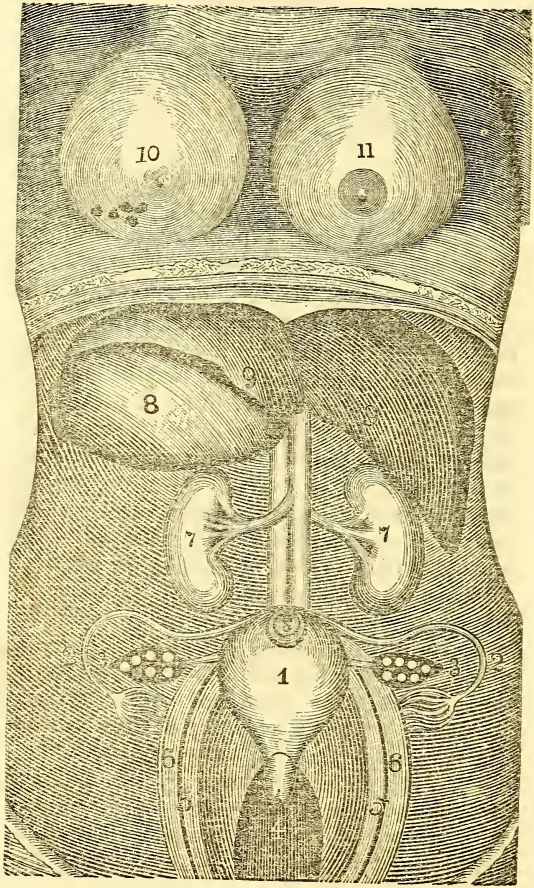
boughs, either of them, into the water.—Heat 3 stones, not larger than half a brick each (not larger, remember,) and place one in the bottom when it is hot. Place a flannel over the mouth of the jar. Let the female sit over it for an hour, renewing the hot stones every 20 minutes, or as soon as the vapor cools. It will take out soreness; it will promote Menstruation; it will relieve pain and inflammation;—it will assist in a great many ways. This can be done without expense, without danger, and with surprising benefit. If the Vagina is relaxed and the walls press downward, the vapor should be raised from common fire-weed (it has a peculiar rank smell) and tansy. If there is heat and dryness, use hemlock or cedar boughs, or green clover grass. You can vary the properties of the application, either to apply an astringent or a laxative; a tonic or a stimulant. Use this vapor in suppressed Menstruation freely, with the other remedies described under that head.

PART II.

CHAPTER I.

DESCRIPTION OF THE VAGINA AND WOMB.

It becomes absolutely necessary, in order that the persons of different mental capacities, who may peruse these pages, should comprehend their contents, to give a clear and comprehensive description of the parts, of which it is our design more distinctly to treat. The Vagina is the passage leading to the Womb ; it is from three to six, or eight inches long, and about two inches broad at the farthest end, inward ; into which, at this point, a portion of another organ protrudes, called the Uterus or Womb, a part of the neck of the Uterus with its mouth, called the os Uteri, which descends in weakly females lower down in the Vagina, and produces that sinking, painful sensation, commonly known among females, by "bearing down pain." The Vagina is composed of two coats, or linings; the inner coat is velvet-like, interspersed with many small ducts, or sponge-like cells, possessing the property of discharging the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fluid that is contained in these ducts or cellular membrane; possessing also, at certain times of peculiar excitement, a contractile property of taking up and absorbing any fluid left on its inner surface. It is also

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DESCRIPTION OF THE PLATE.

In order to make this part of the work plain, and easy of comprehension, a representation in this plate is made of the several organs of the female form, connected more particularly with the subject of Conception and Gestation; enabling the female to become acquainted with the precise position of those organs, with their several names.

1. The Uterus or Womb, a little enlarged, in a state of pregnancy, about four weeks after conception; with a small round globule, hanging in its natural position, with the head downwards, in the Fundus Uteri, called a Fœtus. 2. 2. The Fallopian Tubes on each side of the Uterus. 3. 3. The Ovaries, with a scar on one side, from whence an impregnated Ovary has dropped, and has been removed through the tube to the Uterus. 4. The Vagina, the passage to the Womb, with the neck of the Womb, and os Uteri pressing gently into it. Its walls on each side. 5. 5. The round ligaments passing from the Womb to the Pubis. 6. 6. The broad ligaments passing from the Uterus to the back part of the Pelvis. 7. 7. The Kidneys. 8. The Stomach. 9. 9. The Liver, lying on the right side of the body, extending over the Stomach towards the left,—the plate being reversed by mistake. 11. A woman's breast with a confirmed sign of pregnancy round the nipple, called Areola, always on both breasts. 10. A sore or broken breast, arising from cold and inflammation, after having taken poisonous medicines. 12. The Melt, on the left side of the body, attached to the Stomach.—The bladder and intestines being removed in order to give a correct view of the above named organs. All of which are designed in this work, to be represented as forming a very important and necessary part of those delicate subjects, that alike interest all mothers, and all women who are in any way afflicted with female weakness, and debility of these organs. Without this representation, it would be almost impossible to convey to the mind an adequate idea of the female organs, with their several functions.

contracted or drawn up into small transverse folds, particularly on the entrance and at the back parts, closing in some way similar to the folds of a parasol. The outer coat is firm, somewhat contractile, and surrounded by cellular membrane, sponge-like in its properties, which connects its coats with the neighboring parts. The Vagina is the passage leading out from the Womb; it is between the Urethra (the passage through which the water flows) before, and the rectum, (the passage from the bowels,) behind; to both of which it is firmly attached by strong cellular membrane. These ducts, cells, or absorbing and discharging membranes, extend to the very entrance of the Vagina, and therefore, any fluid left on the surface, even at the entrance, would be absorbed and produce conception.

It becomes our duty next to describe the position and parts of the Uterus or Womb.

The Womb exists, in its position, above or beyond the Vagina ; the neck of which, as above stated, protrudes into the upper or back part of that organ. It resembles a pear in form ; and the position of it, in the body, is that of the neck of the pear hanging downwards, and the point where the stem of the pear is attached, is its opening or mouth, called the os Uteri. The neck is called the Cervex; the back, or farthest part upward, is called the Fundus Uteri, or

bottom of the Womb ; and the parts lying between those two points is called the body of the Womb. Its walls are about half an inch thick at the Fundus, and rather less than half at the Cervex : it is from three to four inches long, and from two and a half to three inches wide at the Fundus. The size of the Uterus varies so much in different females, when not impregnated, that its precise measurement cannot be given with accuracy. On the inside of the Womb, and upon its inner surface, there are a number of vessels which become enlarged with a fluid as the time approaches for the monthly discharge of that organ. The vessels are about as large as pipe stems, and lead from the body of the Uterus near the neck, and extend upward, lying up and down on the walls of the Uterus. These vessels become charged so full, that, at a given period ordained by nature, they discharge from their openings or mouths, at the Fundus Uteri, where these vessels all concentrate and terminate—this is termed Menstruation when it passes out. Just at the termination of these vessels is the opening into the Fallopian Tubes, which at some seasons remain closed.

Two broad ligaments pass from the Fundus Uteri to the sides of the Pelvis (or bones backward, that form the outer rim of the cavity in the body.) These ligaments

serve to support the Uterus. Two round ligaments rise from the sides of the Fundus Uteri, pass along within the forepart of the broad ligaments, descend through the rings of the abdomen, and terminate in the substance of the Pubis, (the bone across the lower part of the belly.) These ligaments control the motion of the Womb up and down in the cavity of the body, and sustain it when impregnated. They are very powerfully brought into action during the pains of labor.

CHAPTER II.

FALLOPIAN TUBES DESCRIBED.

The Fallopian Tubes are two small tubes, from seven to nine inches long, more or less ; which proceed from each side of the inner surface of the Uterus near about the Fundus Uteri, passing through the walls of the Uterus to its outer surface ; they extend towards the hips on each side from the center. After extending towards the hips about four inches or more, the tubes on each side of the Uterus, curve downward and inward, forming something like hooks in position ; at the termination or end of each tube, is a broad muscular fibre, expanded or spread out like an open hand, possess-

ing a contractile property. The opening through the center of the tube is small at the Fundus Uteri, and as the opening extends towards the other extremity, it gradually increases a little in size, until it reaches the expanded muscle or hand called Fimbriæ. It has a peculiar part to perform in the mysterious work of conception. It is the function of this organ to clasp the life-springing egg or Ovary, and deposite it in the Fundus Uteri.

OVARIES DESCRIBED.

About a half an inch below the point where the Fallopian Tubes attach themselves to the Fundus Uteri, and connected with its outer coat by a stem, is suspended in the cavity of the body (called the Pelvis,) a flat oval body about an inch long, containing a number of small round globules, called Ovaries, situated so near the expanded muscle at the termination of the Fallopian Tube, as represented in the plate, on each side the Uterus, that when the contractile property of that organ is required to perform in nature, it clasps one of the small round globules, forming the Ovaries, and draws it into the Uterus. These ovula, or little eggs, may be seen in the healthy Ovaries of every young woman, upon dissection. It is certain that they form the basis of every child (fœtus.) The scars which have fre-

quently been seen in the Ovary or nest of females, who have had children, correspond with the number of conceptions and births. Therefore no doubt can be entertained in this matter. Where the Ovaries are healthy, and not removed or paralized by disease, women must conceive ; without them they cannot.

CHAPTER III.

FIRST STAGE OF CONCEPTION.

This part of our subject is necessarily delicate ; nevertheless, in such a work as this, designed to communicate truth in its simplest form, upon subjects of common interest to all females, it needs but little apology from its author. It is necessary in the work of conception, in the order of nature, that there must be a unision of two persons, possessing relative degrees of health, and perfect organization—that of the male as well as that of the female. For the Apostle very modestly introduces the idea of conception in the following language : "The wife hath no power of her own body, but the husband ; and likewise also the husband hath no power of his own body, but the wife." 1st Cor. vii : 4. Conception is very definitely referred to, and the time seems

to be designated by the Evangelist Luke, who makes the following statement in his gospel, in the language of the angel, "And, behold, thy cousin Elizabeth, she hath also conceived a son in her old age, and this is the sixth month with her. Luke i: 36. So that the subject of conception seems to have been noticed very plainly here. We would therefore refer to the process the female organs are designed to fulfil in this mysterious and important work of nature.

It is considered that the female semen exudes from the small ducts or cellular membrane forming the walls or sides of the Vagina; and, that of the male, the fluids being of the same consistency or substance; —commingling with that of the female, at the same time;—with precisely the same degree of warmth or heat;—forms that compound which is absorbed and taken up together by the absorbants into the cellular or sponge-like ducts lining the walls of the Vagina. And that this absorption takes place at a peculiar time when the Ovaries are tender and sensitive; which time is from one to nine days after Menstruation subsides. That the combination is thus produced, and absorbed by the spongy parts of the Vagina, from the labia or lips of the Vagina up to the region of the Ovaries, the position of which has been previously described; that from this coincidence

one of the Ovaries becomes impregnated,—is vitalized, or begins to pulsate ;—not with seed or semen, but with life or vitality, originating from the amalgamation or commingling of two fluids. That the two fluids being of the same thickness or substance, of like warmth or heat, commingling at the same time, does not remain in the cellular membranous ducts of the Vagina, after the Ovary becomes vitalized ; but that it is discharged, and passes off through the Vagina, after being deprived of its vital principle. That the two fluids forming this compound, differ in comparative quantity. That in the event of the quantity composing the whole is two-thirds female, and one-third male, we are of opinion that the Ovary would be charged in the form of a female. And in the event of its being two-thirds male, and one-third female, the Ovary would be charged in the form of a male. The same in any other ratio, commingling the two natures, in such a manner, that of the male and female, that the distinct resemblance of both may be easily traced in the offspring, when there is an equal quantity of the vital fluids commingled. In others there is, even in females, a strict resemblance of the male or father ;—and in males also a strict resemblance of the mother. That when mothers convey disposition, sex, form and feature to their offspring, in great resemblance

of themselves—then the conclusion may be, that the greater proportion of fluid forming the compound, is that of the mother—and the same in relation to the father.

When the thickness or substance of the fluids so far differ as to prevent an amalgamation or mingling, there can be no conception or impregnation. The same in relation to the warmth of the fluids; and the same also in relation to the time they commingle, generating a new life by these regular combinations in perfect coincidence with each other in the order of nature. But a very small portion of female semen, if absorbed, would qualify the fluid to give life to the Ovary, and in some instances without connection. There are times and seasons when the Ovaries of some females are more tender, irritable or sensitive, being predisposed to receive life, than at other times; at such times the Ovaries are excited, and from some unknown cause they do receive life or vitality abstracted from the fluid imbibed in the walls of the Vagina,—in the order of nature, it being the function of the cullular membranes of the Vagina to absorb at such times the commingling fluids, and that of the Ovary to abstract and retain the germ of the life-springing seed. At such times it is not unfrequently the case in healthy females, when the Ovaries are in the tender state to which we have just al-

luded, that more than one receives life, and two conceptions exist together and form twins; and so in relation to any greater number.

We are also of opinion that it is not *absolutely* necessary, in order to conception, that the will or consent of the female be obtained in relation to the vitality communicated to the Ovary during connection, nor does it depend on the pleasurable sensation, or the absence of it; but it necessarily depends upon the coincidences to which we have above referred—the healthy state of the Ovary and its surrounding parts, and on their existing in that tender, irritable, warm and delicate state above alluded to, being predisposed to take or catch life, or begin to pulsate.

A false conception takes place from the unhealthy state of the Ovary; that is, when an imperfect Ovary receives vitality, being destitute of correct organization, it gives almost any or no form to the thing conceived. False conceptions are treated of separately and particularly in another place.—We give this opinion in regard to the mysterious powers of conception, from a knowledge of the formation and functions of the organs, and the known results of these functions in producing life. These views are corroborated and confirmed by physiologists of the deepest research and of the most pro-

found experimental knowledge, of every age.

SECOND STAGE OF CONCEPTION.

We have given, in as few words as possible, the first process in nature toward conception, and that is the imparting of life to a small round globule called an Ovary.—There is a time, and that almost immediately after it becomes vitalized or impregnated, that it drops from the cluster of Ovaries, (as described in chapter II.) and is received or clasped by the expanded muscle forming the opening to the Fallopian Tube, which receives the detached Ovary as if embraced in a small hand. Then it enters the tube, and is drawn up perhaps from seven to eight inches, and in some females a longer, and in others a shorter tube. It is deposited by this tube, in the Fundus Uteri or bottom of the Womb, being the most distant point from the mouth of that organ, in a direction upward; it there becomes stationary, hanging on the inside as a small round globule, containing the embryo of a future being. When the vessels of the Uterus unite and contribute, by their mouths at the Fundus Uteri, that discharge (the Menstrual Fluid) to promote its growth, then Menstruation necessarily ceases to pass off in the usual way, the mouth of the Womb becomes closed and sealed, and the female thus enters upon the first month of Gestation.

CHAPTER IV.

FIRST SYMPTOMS OF PREGNANCY.

As near as we can judge from different descriptions of symptoms and feelings at such times, there is sensation produced when the Ovary becomes vitalized or impregnated, as it parts from the cluster, and while it is pressing through the Fallopian Tube to its destination at the bottom of the Womb. There is a sensation of uneasiness felt by the sensitive female, just below the navel, either to the right side or to the left, in its commencement, but is felt only on one of the sides; if on both sides distinctly at the same time, twins might be suspected. Slight twinging, darting pains at intervals, returning and terminating at each time with a peculiar faintish feeling at the pit of the stomach or chest, a slight nausea and sickishness, which is accompanied with a peculiar langor. There is also a sensation of the absence of a brace in the abdomen or belly, and a sense of crawling, a kind of gone or vacant sensation, in that region. The pulse is commonly, for a day or two, languid and weak, the bowels refuse to move, and for a time lose all their action. It is strange to relate, that at such times, common physic, given for the purpose of moving the bowels, seldom or ever has any effect. A loss of appetite, a dizziness or headache, sometimes

ensues, and the female is predisposed to seek rest by reclining on a bed, but seldom or ever can sleep much. At such times the mind is somewhat uneasy and irritable, and in some females the nerves are excited, and very violent exercise would be injurious at such a time. This is but a medium account of symptoms as a general rule in the most of cases, but not applicable to all females.—There is a symptom rather peculiar at such a time, or shortly after; it is that of a strange unnatural appetite. One female was known to go into the garden and commence eating green grapes with great avidity, and with a peculiar relish; another, green apples with the same unnatural appetite; another assailed the cucumber bed in the same manner; another attacked the jar of pickles, with the same peculiar relish; and so with regard to a great variety of other things.—This sign is considered a strong indication of the first stage of pregnancy. There being more *gratification* enjoyed at certain times is an indication rather conclusive. It will be remembered that some females, whose feelings are somewhat obtuse and less excitable than others, conceive and become pregnant, and scarcely know any thing about any change at such a time, and do not even suspect it until the Menstruation ceases, and even then are unwilling to believe or even to cherish a thought of their being

in that state. And some, even when suckling children, do not see any Menstruation from the birth of one child to that of another, without any perceptive knowledge of their situation. In females of a strong and healthy constitution, and of firm nerves, but little or no inconvenience is perceptible, only that the Womb seems to possess more native warmth, and the Vagina denotes, generally, a greater fulness ; its walls seem to have an additional moisture, and the parts generally seem to show, evidently, that there is a change. The female can most generally tell by her pleasurable sensibility and excitement at certain peculiar seasons. This sign is commonly found conclusive of pregnancy in most all healthy females ; seldom do females in good health, have much sickness, nausea or vomiting. But there is a sign which accompanies many—that is, a faintness on rising in the morning, with a sickishness or nausea at the odor of victuals, cooking, &c., &c. This continues more or less through the whole of the month, and denotes pregnancy.

CHAPTER V.

FIRST MONTH OF PREGNANCY.

This month is a season that may become of great importance to some, and therefore it should be regarded with attention.

In this month the breasts of the female stiffen, the nipples sometimes protrude, and a soreness or tenderness of the breasts is evidently felt, with slight darting pains through them. Now it becomes necessary towards the close of this month to refer to Menstruation, as this is the first time of its ceasing. In some females, especially those who have painful Menstruation, or painful feelings just previous to Menstruation, such symptoms frequently exist, but nothing will be likely to appear. At such times, the usual sensations about the head, and other feelings attending approaching Menstruation, may be realized; but they will be sufficient only to designate what would have taken place had there not been a natural barrier. Such feelings, with some females, are realized at the close of each month, all through the period of pregnancy. In healthy females, those who have nothing like pain during Menstruation, there is little or no effect produced, but the actual cessation of Menstruation. In others there is a great sense of heat, fulness about the head, nervous excitement, and a predisposition to weep frequently at inter-

vals ; evidently denoting some unusual fulness in a delicate and tender womb ; this sensation may last four or five days, being the time when Menstruation is due, and then it will gradually wear away. At such times, also, we mean the first period that becomes due after conception is supposed to have taken place, and the Ovary is deposited in the bottom of the Womb, or Fundus Uteri, we are of opinion that many females Menstruate after that ; but we are led to think that the conception here referred to, took place more than ten or twelve days after the last Menstruation had ceased. Allowing five days for the Menstruation to take place, and ten or twelve days before conception took place, making in all, fifteen or seventeen days of the twenty-eight days which constitute the four weeks between the periods of Menstruation. Seventeen days, no conception or fœtus existed to imbibe from the Menstrual vessels on the inside of the Womb the fluid retained in those vessels ; hence nature, under such circumstances, would have an overplus to furnish the fœtus in the remaining eleven days, that it could not take up in so short a time, and would necessarily be discharged in the usual way, and constitute a partial Menstruation. I am of opinion that the most of conceptions take place within one to five days after Menstruation ceases, and

another portion of them from five to nine days, and very few take place in the last ten days before the next Menstruation is due. But a healthy young woman may conceive almost at any time. *Question.*—May not Menstruation cease from cold, dropsy, or other debility? The anxiety of mind females have on this subject is sometimes very afflicting. When the periods cease from cold taken, a very dull, heavy, disagreeable feeling exists, the skin turns dark, and the complexion loses its clearness, with dark streaks under the eyes, the eyes appear dull, and the white of the eye sallow and partially blood shot. A bloat of the abdomen, and pain in the loins, a suppressed effort of nature is evidently felt, with rather a burning heat in the back and sides, with some nervousness, headache and fever. In persons disposed to dropsy, Menstruation sometimes ceases very suddenly, and those that cease from debility or from frequent bleedings from the arm, subside more gradually, and are less to be suspected as to the definite cause of their ceasing. But when pregnancy is clear and confirmed, at such times, there is, as a general thing, some slight symptoms of pain, but not of that suppressed kind—no headache, no dulness of the eyes; but on the contrary, a peculiar clearness of the sight, the white of the eye becomes also of a transparent

white ; the countenance, instead of a dark look, has a fresh kind of an appearance, rather disposed to paleness, the appetite and spirits good, and the system somewhat braced. But in females who are naturally feeble, symptoms differ materially, and nervous, sensitive females have such a variety of sensations and feelings, that it would be useless to notice them. Females frequently commence dreaming,—and have sometimes frightful dreams, which ought not to be noticed, as they originate from the excited condition of the Womb.

CHAPTER VI.

SECOND MONTH OF PREGNANCY.

Females, who are inexperienced, enter upon this month very doubtful as to their situation ; and it is frequently anticipated by the greater portion of the sex, that their Menstruation will return ; there is generally not so much notice taken of symptoms. It will be found however, that on the beginning of this month, and just after the time Menstruation is due, the fulness and tenderness of the breasts will continue, and that on examining the nipple it will be protruded, and on compressing it, milk will exude from the nipple freely, and it will continue in this

state some length of time, and not unfrequently all through till the seventh month. The female, if of a nervous temperament, will be in a constant state of excitement, and should be kept away from company, frequently taken to ride in the open air—this treatment will be found serviceable. A short excursion on a steamboat, or other easy mode of conveyance, would prove beneficial. As little medicine as possible should be used, just enough to keep the bowels easy, and that should be the tincture of rhubarb and manna; no salts, no calomel, no blue pill—its secondary effect is ruinous; remember this, if you wish for health; gentle laxatives of vegetable medicine may be used. Very fatal consequences sometimes ensue from nervous excitement under such a state; the use of tea ought to be avoided, and chocolate or cocoa used in its stead, made nourishing with milk. Remember tea, green tea, in any quantity, will affect a delicate state of the Womb. On noticing the breasts, towards the middle of this month, there will be seen a reddish brown circle, called Areola, from a half to three quarters of an inch from the center of the nipple, shaded inward; this may be considered, if it continues, to be a confirmed sign of pregnancy. During the whole of this month a peculiar sickishness is felt at the stomach, especially in the morning; and in some females, about

the middle of this month, vomiting commences and continues. In others every thing is perfectly quiet, as if nothing was going on; a great appetite accompanies such healthy females. We do not consider that vomiting is the necessary consequence of pregnancy, but we are of opinion, and have stated it in many instances, that an unhealthy, cold state of the stomach produces it. Ginger tea, made strong and drank freely, will greatly relieve and allay the excitement to vomiting so frequently. A vegetable emetic, administered slowly, has been known, in a great variety of cases, to relieve and utterly prevent the excitement of vomiting; the sickening and offensive matter adhering to the coats of the stomach is thereby removed. A bowl of good warm gruel or porrage, on going to bed, will frequently obviate the feeling of faintness and sickishness in the morning. It is sometimes the case, but seldom however, that Menstruation continues, and nearly the usual quantity passes off; but from close observation, at such times, it has been ascertained that the os Uteri or mouth of the Womb is closed; and that the fluid escaping from the Womb at such times does not pass through the usual channel of the os Uteri; it is therefore pressed through the opening of the Fallopian tubes. It has been ascertained in cases coming under the observation of

the author, that it has continued until the sixth month, and that this discharge passed off through the Vagina, but without any indication of the os Uteri being open. At the termination of this month, there is generally a fullness discernable by the healthy female, about the abdomen, and a difference in her clothing about the waist just perceptible. It is not uncommon for a slight bloat to show itself in the afternoon, and in the morning an entire absence of such an appearance. The bloat arises from debility, too much exercise on foot, &c. Strong ginger tea taken freely will generally correct and prevent it.

CHAPTER VII.

THIRD MONTH OF PREGNANCY.

This month is the time that persons who are doubtful are generally confirmed in the fact of their pregnancy, for the fullness perceptible in the last month gradually increases all through this month. The countenance denotes symptoms (previously doubted) of a confirmed character; the eyes become large and watery; the countenance has a fresh, pale appearance, and rather inclines to appear thinner than usual. The fullness and tenderness of the breasts continue, and

the milk can be easily made to exude from the nipple by compression. In a great many instances where the Botanic treatment is rejected or unknown, an incessant vomiting, once or twice or more per day, and with some females almost every meal is thrown up; a watery slime comes away also; and the female frequently strains until she becomes exhausted. Frequently costiveness, bearing down pain, weakness and general debility ensue, and before the close of this month, with a great many weakly females, miscarriage, and a long stage of protracted debility, flowing and weakness, and not unfrequently death. The third month, with slender, delicate females of feeble constitutions, is a very precarious month. The back and kidneys become so weakened that it is not unfrequently the case that the female is confined to bed. From the continued retching and vomiting, the stomach is filled with wind. From the want of proper food and nourishment, the nerves become seriously affected, the strength fails, and it is seldom recovered during the next six months, even if she should happen to retain her offspring.

Strong ginger, red pepper, or cayenne and valeriun tea, taken frequently and freely, will allay the spasmodic action of the stomach, assist the food in digesting, and warm and invigorate the whole system. If

a vegetable emetic could be taken, administered slowly by a proper person, thousands of restless and unhappy hours might be prevented. We should recommend as valuable pills, (with the composition of which we are acquainted,) Morrison's Universal Hygean Pills, the Persian or Resurrection Pills, and Dr. Hall's Female Hygean Pills. These pills are both safe and efficient, possessing restorative properties. These, or some other gentle laxative pill, should be used to prevent the pressure of blood to the head, arising from continued costiveness.—Cayenne pepper removes and expels wind, destroys inflammation and soreness by promoting perspiration. It excites the cellular membranes to exude their native fluids, by strengthening and confirming the Uterus and the Fœtus. It also removes cold and inflammation, however painful, taken freely, say three half tea spoonfuls per day, relieving the bowels with a laxative pill, bathing the feet, &c., &c. Cayenne, pure African, is a medicine most essential to the female under such circumstances, administering the greatest degree of health, and removing disease by its potent and benign effects. It may be taken gradually and cautiously and with reserve, if the patient should doubt its beneficial and restorative properties. A nourishing drink of porrage, made thin, according to the rule of making it, and drank freely

before going to bed, every evening during this month, would prove very strengthening, and would prevent the faint and sickish feeling that is felt in the morning. At the returning period, when Menstruation becomes due, in every successive month from the commencement of Gestation to its close, the female will commonly ascertain by her feelings that that time is approaching with her, and at that time ought to avoid any violent exercise. Remember that we are here treating of weakly women.

CHAPTER VIII.

FOURTH MONTH OF PREGNANCY.

It is generally the case after females are well introduced into the fourth month, that the vomiting and sickness subsides, the bowels become regular, the appetite good, the rest sweet and undisturbed, and the constitution braced, lively and active ; and it is not unfrequently the case that they gain flesh in this month, and the fresh appearance of the countenance is turned into a ruddy, healthy appearance. Some females, however, who are weak and debilitated at almost any other time, seldom enjoy much health only when pregnant, and at such times they are remarkably well ; and in the gen-

erality of married ladies, the most health is usually enjoyed when either bearing or suckling children. The female seems to be adapted by nature for this purpose, and health frequently attends them under such circumstances. Here, in this month, there may be rather a fullness of blood; nature seems preparing the system to administer to the rapid growth of the Fœtus in the three last months, and frequently a headache or a little fullness about the head and chest is felt from indulging too freely sometimes in eating. In this state it is the common practice to bleed the female in the arm, and take away, not unfrequently, a large bowlful of blood, by the medical men of the age—a practice that is more destructive to female health than any thing that could possibly be done. It not only robs her constitution of the life and strength she enjoys, but paralizes the strength of the little unborn, and entails upon it a feeble constitution for life. [*See Chapter 2nd, on Bleeding.*]

Females in this matter are duped and imposed upon by those to whom they look with affection, with confidence and respect, for relief; who, instead of administering life, claim their heart's blood and that of their offspring, when nature requires every drop of that precious fluid to carry on the work of Gestation. Base ingratitude! It would be well for us to remark, that gener-

ally, about the middle of this month, the first symptoms of life is felt; and that is similar to a small beating at intervals, a little below the navel, either to the right or left side. Most commonly in nervous females, a good deal of motion is felt, and it sometimes produces fainting. Sometimes the life is felt a little before this time. Observe also, in this place, at the close of the fourth month, that just after vomiting subsides, and the stomach is once more restored to its native warmth, it may be the case that this fullness is the effect of bilious matter, and a gentle vegetable emetic given at such times would produce instant relief, with a few laxative pills. The emetics we refer to in this work, are so simple and efficacious that the person using them will vomit as easy as the babe at the breast, who so frequently relieves an overladen stomach. [*See directions for giving Emetics.*]

CHAPTER IX.

THE FIFTH MONTH OF PREGNANCY.

This month, with some females, is a season of a good deal of uneasiness from a sense of fullness, as the Fœtus now begins to be of some size, and nature, in her effort to promote its future growth, predisposes

the female to eat freely and frequently of very hearty, nutritious food; and under such circumstances a fullness and tightness about the abdomen, and pains are felt across the lower part of the belly, twinging and darting, and sometimes shooting to the hips, and darting down the inside of the thighs. In this month, also, the legs and feet sometimes begin to swell around the ancles towards the afternoon, and a bloat also of the abdomen, much more in the afternoon than in the morning. We should recommend to the female the importance of using the following means in the evening on going to bed. Take two tea spoonfuls of salæretus or pearlash, and put it into two quarts of hot soft water; add some soap, sufficient to make it quite sudsy; take a piece of coarse flannel; let a female friend or husband commence to wash and rub you thoroughly with this water, as hot as the skin will bear it, commencing at the head, neck and arms, and so on downward to the waist, rubbing the body as hard as the person will bear, and thereby removing a kind of white or brown scurf from the whole surface of the skin. Commencing again at the feet, and washing upwards; remember that the limbs require a good deal of rubbing, and so round the back and abdomen. Keep your water hot, frequently rinsing your cloth, until you have gone over the body faithfully. Pre-

pare a little vinegar and water, with the air just taken off, as cool as it is pleasant, and rinse off the upper part of the body ; and then put on the under garment, and the same with regard to the lower part and limbs. A good bowlful of strong ginger tea will prevent taking cold. This process is in itself very simple, but we do assure you that any female who will adopt it, either in summer or winter, will find great benefit resulting from it. In case of the bloat continuing on the lower limbs, a wash like the above, made somewhat stronger, will be found to remove the bloat, relax the surface, and make the skin soft and free. It would be necessary to continue to use means to relieve the bowels, either with castor oil, senna or manna, magnesia or a laxative pill. If the pains in the abdomen and about the lower part of the body should continue to annoy the female when moving about her ordinary business, take one tea spoonful of composition, in a cupful of hot water, sweetened, every night on going to bed.

It is not uncommon in this month, especially at its close, for weakly, nervous females to have a miscarriage or abortion ; for at this time, the child or fœtus becomes of some considerable weight, and therefore bearing down pains may be felt, and pains in the loins. At such symptoms the female should place herself upon a couch or bed,

and drink freely of strong cayenne and valerian tea; there is no medicine in the known world that will relieve pain and administer strength faster, more safe or more sure, than this; rely upon it, and you will always be sustained. No spirits, morphine, opium, or any thing of a narcotic principle should be used. [*See Abortions in another part of this work.*]

CHAPTER X.

SIXTH MONTH OF PREGNANCY.

It will be remembered that all healthy females enjoy this month as well as almost any month during Gestation, and feel as little inconvenience in attending to the affairs of the household. But not so with all females; with those that are weakly, or predisposed to weakness, and of feeble constitutions, this month is one of a good deal of restless, uneasy feeling, from the increased size of the abdomen, which sometimes remains in a continual bloat; the nights are very restless. As the motion of the child begins to be very sensibly felt, it affects the health in such a manner as to produce a great deal of nervous irritability and excitement; and frequently the nervous, sensitive female becomes weak for want of rest, and

is very unhappy and irritable. The limbs bloat very much, and she is sometimes confined to bed and becomes feverish. In this month, as well as in the three months preceding, a swelling of the lower limbs, or one of them, seems to afflict the female very seriously, and gives a great deal of uneasiness. Sometimes at night, the soles of the feet burn, and the palms of the hands also, denoting a kind of a fever, which is not uncommon among weakly females in this month. Also, from this time a pain in one of the hips sometimes attends females, from this month onward, till Gestation terminates in Parturition; but all we can advise in this stage of things is, that the female should not remain so much upon her feet; and that she should use a wash of salæretus, soft water and soap; say two quarts of soft water, one table spoonful of salæretus, and a table spoonful of soft soap, used hot with a flannel, and rubbing the lower limbs freely. Use laxative pills and drink freely of ginger, red pepper, cayenne and valerian teas, and you will find relief; remember, these teas cannot produce any bad effect. It is sometimes the case with weakly females, that the back becomes very feeble towards the close of this month, and almost a continual, uneasy, weak and debilitated feeling across the loins. To such we say, immediately after dinner of each day, lie down

upon the bed ; remember, it would be necessary, in order to prove beneficial, to allow the head and shoulders to recline as low on the bed as possible, and the hips a little elevated ; this will relieve the lower part of the body from pressure, and give relief. Too much sitting still, either at sewing or any other work, is not healthy, and generally terminates in very protracted labor ; it should therefore be avoided.

CHAPTER XI.

SEVENTH MONTH OF PREGNANCY.

This month, with weakly mothers, is one of some uneasiness, as the motion and strength of the child increases very rapidly in this and the two preceding months. It would be necessary for the female to avoid too much exercise on foot; a ride in an open carriage twice a week, a few miles, would be very beneficial in this month. It is not unusual for darting, twinging pains to commence low down across the abdomen, darting pains down the inside of the thighs, and cramps in the lower limbs—darting pains up through the center of the body, with pains in the back and head ; restless nights, with some fever and nervousness. At the same time it is not uncommon to have a

pressing down of the walls of the Vagina, and an appearance denoting rather a fullness of the labia—inclining to open, with somewhat of a heat and dryness of the parts, and an absence of that healthy mucous discharge from the walls of the Vagina;—after fatigue, a good deal of pain and suffering; the appetite sometimes fails, and the woman declines rapidly in strength; and at intervals of twelve hours, fever for an hour or two; restlessness and a predisposition to nervousness, distraction of mind and weeping. If this state of things is allowed to continue, a premature birth will be the consequence, and labor will commence and close at the termination of this month. An emetic given slowly, according to the direction for giving emetics, would produce a favorable effect, would relieve and remove fever. Avoid bleeding; it can never be admitted—it will do more injury than a year's health can repair. Remember, the emetic given according to directions, will operate very mildly, without straining or pain, nor will it produce weakness nor debility, either at the time or afterward. We speak from long and frequent experience; use the mild laxative pills or other medicine. Washing the person with hot salæretus water and soap, as directed in the fifth month, would be serviceable; rubbing the feet and ancles with a large warm hand at night, before

going to bed, would be very serviceable and prevent cramp. Use drinks of the warm teas, and where Thomson's Composition can be obtained, use it freely to promote perspiration, and to remove a cold. Should a dryness and heat continue in the Vagina, take equal parts of good cayenne and blood root, pulverized fine, and take half a tea spoonful morning and evening after eating, and the mucous discharge will soon return with moisture, and relief will be permanent. Should there be much discharge of a white curdled milk-like appearance, it will prove beneficial. If the child should lay very low at such a time, increase your drinks of cayenne tea, and it will retire to its proper place. It would be well to avoid bathing the feet about the close of this month; and also avoid much exercise on foot, or any anxiety of mind about anything whatever, until you are safely ushered into the eighth month. These simple and efficient means used during this month, with the most weakly and nervous females, will be found on trial, to be very salutary and beneficial; both conducing to strength in the approaching two months, and a lively, vigorous and healthy period during Parturition. Should nervousness prevail in the patient very much, take cayenne and valerian, (ladies' slipper or umbil, being the same,) equal parts pulverized, half a tea spoonful of the

powder, three times a day, for a week, will be found very tranquilizing and beneficial to the nerves. Should the powder, when taken, produce distress, drink freely of water or any fluid; sometimes it occasions wind, and that wind produces uneasiness; but use the means and relief will be obtained.

CHAPTER XII.

EIGHTH MONTH OF PREGNANCY.

In this month it is sometimes the case, that from the rapid growth of the child, more especially in small sized women, there is much tightness about the abdomen, and uneasy and restless feelings during the night. It would be advisable for the female to retire early and get as much rest during this month as possible. Some swelling of the lower limbs and bloat may accompany the female during this month; to which we have referred in some of the preceding months, with the treatment requisite.—Should the bowels be costive, which seldom occurs in this month, they should be carefully and gradually relieved; but any very active purgative should be avoided; salts should never be taken; they destroy the warmth and life of the parts—produce cold-

ness and inactivity. It is sometimes the case, with some weakly mothers, that they become very languid and feeble, and of an unusual size, towards the middle of this month, and are obliged to keep their rooms and beds. It would seem, as it were, that nature, in her efforts to supply the fœtus or child, deprived the female of that portion of strength that was requisite for her. But this is occasioned by the unhealthy state of the stomach. The child, in such cases, always seems to be low down, and it is afflicting for the female to walk ; there is a certain kind of stiffness and langor that seems to paralize all effort to move. You may be assured that all this may be prevented by taking an emetic, according to directions, and that the female may be readily restored to health ; so that, to her surprise, she will enjoy good health during the ninth month. There is very frequently a quantity of cold, thick slime on the stomach, that produces this langor, bloat, heaviness and pressing down ; a dull inactive state ; feverish, with but little appetite. We have suddenly relieved females who were predisposed to this state in the seventh, eighth and ninth months ; they have been relieved permanently and safely by the emetic, slowly administered, without producing the slightest or the least pain ; but abundance of relief at almost every time of vomiting. This thick, cold

slime on the stomach, during labor, makes it inactive, cold and protracted, with a good deal of faintness and debility, and not unfrequently death from exhaustion immediately after delivery. Therefore we recommend the emetic, and the cayenne and nervine teas ; the injection, if the bowels require it, of soap, milk, and water, warm, with a tea spoonful of ginger. The injection may be thought irritating and painful; but on the contrary, it has a pleasant glow, and fine laxative and gentle effect on the bowels, without superinducing any pain or uneasiness; so do not be alarmed at this prescription. Sometimes, in this month, there is a suppression of urine, and a painful sensation in discharging water ; if this be the case, use a drink of flax seed tea and parsley roots, or asparagus roots, or pumpkin seeds, queen of the meadow, or any thing that you know will effect an increased discharge of urine ; a tea made of juniper berries, with a little pure Holland gin, or either of the above remedies, will procure relief ; it ought not to be neglected at this stage of Gestation, or during any other month. A drink of slippery elm during this month and the next, is considered highly beneficial, being both cooling and strengthening to all the parts, and lining them also with the mucous nature so much requires in facilitating Parturition or labor. These

hints are not to be neglected; they have frequently saved hours of the severest and most protracted labor. So use this means, simple as it appears to be, and enjoy the benefit.

CHAPTER XIII.

NINTH MONTH OF PREGNANCY.

In the commencement of this month, there is a predisposition to pain, and in some instances to false labor pains, with symptoms which might be likely to deceive the young mother; but you must not be alarmed at these false pains; the use of strong red pepper or cayenne, and nervine teas, with a few hours repose on the bed, will obviate these feelings. There may be, also, at such times, some pressure downward, and some considerable bearing down pain. Sometimes an emetic, a few days after such an attack, very soon confirms the health, and removes the cold slime or phlegm, which becomes so weakening in this month. We should advise as much exercise upon foot, however, as the patient can bear, suitable rest, and very nourishing diet. Avoid such food as cheese, milk or salt meat, if convenient, and indulge freely in any healthy meat; it should always be

preferred rare done and tender, in order to give the greatest quantity of nourishment. The breasts should be attended to in this month, and the nipples carefully oiled, either with a little sweet oil and spermaceti simmered together, or the oil pressed out of the common butternut, between a pair of warm tongs. This will prevent sore nipples. This month has its vicissitudes; and the valerian and cayenne teas, used freely—a tea also of red raspberry leaves, is considered remarkably good during this month. This is all that will be requisite, with a little castor oil or laxative pills, either Morrison's Hygean, the Persian or Resurrection, or Dr. Hall's Female Hygean Pills. Be careful in obtaining your laxative medicine, to avoid calomel, as it debilitates and weakens the womb very much. Should there be much tightness about the lower part of the abdomen, and a feverish heat, darting and twinging pain, a want of mucous discharge in the Vagina, and much uneasiness on the motion of the child, make a tincture of blood root and gin, two oz. to a quart, pulverize and steep twenty-four hours, in a warm place, shaking it occasionally.—Take from three to six tea spoonfuls per day—use also the Composition tea freely. If the urine is disposed to be suppressed, use means mentioned in the eighth month.

CHAPTER XIV.

DIRECTIONS DURING LABOR.

It becomes necessary in this work to give some new, safe and improved views of assistance necessary at this very important period, which seems to be totally neglected among civilized society. But among the various tribes of Indians that roam over our forests, very salutary and beneficial means are resorted to, in order to sustain the strength of their females, and relieve them of a great part of their protracted, acute and agonizing sufferings during Parturition.

About the close of the full period of Gestation, which is, as a general thing, from thirty-nine to forty weeks, or about nine months, it is frequently the case that false pains attend the female a few days previous to labor, especially when the organs are unassisted by reviving and invigorating properties of Botanic medicine. Use freely the Composition and nervine tea, (valerian,) also the cayenne tea; if pains are severe, and the lower limbs and body are disposed to be cold, use every moderate means to get the whole system warm. Bathe the feet in hot water; let the apartment be kept warm; let the patient walk about and keep her feet as long as it is consistent with her situation. But remember that nature is about to perform a work within her, of removing a liv-

ing child. She therefore requires much fluid, to loosen, lubricate, expand and dilate the parts that are now closed; therefore drink is required. The muscles, tendons, nerves, membranes and ligaments are to be stretched or distended, in order that this important work be accomplished. The passage from the womb to the labia pubendi is to be furnished by nature with a mucous or lymph, a saliva-like fluid, which is to aid the child in sliding through the parts; if this fluid is thick, the parts feverish, cold and clammy, the woman requires much more exertion to press the child forward, and a greater number of excruciating pains; those that are termed cutting and grinding pains, become exceedingly long and severe, and the labor is protracted. The sufferer frequently becomes exhausted and sinks; nature herself, from the want of the energies that have been taken from her by the *cruel* lancet and blood cup, falters and withholds her efforts, until new strength can be obtained. By the use of the diffusible stimulent, relaxative and tonic, termed "Capsicum Annuum," or Cayenne pepper, given in warm water, these parts become warm, and the small cellular membranes discharge a thin lubricating fluid; the natural juices are brought into action, and the Uterus expands or stretches without so many of those very severe and continued pains. The child

comes forward faster, because these parts are relaxed and lined with mucous. The pains have greater effect, because there is less contraction of the parts, and nature is thereby assisted. The cayenne tea excites a discharge, warms and invigorates the parts, removes langor and faintness, increases the general circulation of the fluids, restores the exhausting energies of the female, and superinduces perspiration ; warms the milk vessels, and terminates in strength —removing every symptom of fever or dryness by its lubricating, relaxing and mucous-exciting properties. It acts more like a charm at such times than anything we have ever used. Its effects are remarkably reviving. It seems if any thing was ever adapted to the peculiar sufferings of Parturition by the God of nature, that it is this neglected and much ridiculed, but valuable and potent medicine, called Cayenne or Capsicum Annuum. (If the pepper is very offensive, use strong ginger tea.) The author pledges his sacred honor to every suffering woman, that he has administered it in the most aggravated, protracted and exhausted cases, with the most triumphant success. It is perfectly harmless as to any injury, and a very faithful friend in the hour of danger. It cannot produce fever in any case.

The cayenne tea may be prepared in the following manner ; one-fourth tea spoonful

of cayenne, (obtain the pure kind, unadulterated, only to be found with the Botanic,) into a pint bowlful of hot water, with cream and honey, or in their absence with sugar and milk. Much fluid is necessarily required; drink it very freely. It heats the mouth: this is unpleasant. The great secret is to keep the mouth shut. The absence of air prevents the smart. Use no water to cool it. Draw in no air—you will increase the smart. The mouth will soon become used to it. It will arrest and prevent every after-pain if used freely and drank just as the pain is about to come on. Sure.

CHAPTER XV.

DIRECTIONS FOR GIVING AN EMETIC.

1. 1 oz. vial Thomson's Composition.
2. 1 oz. vial of good cayenne pepper.
3. 1 oz. vial of bayberry bark, pulverized, or sumach leaves.
4. 1 oz. vial of leaves and pods of lobelia, pulverized fine.

This constitutes all the medicine requisite under any circumstances to be given. Place four cups upon a table, with a tea spoon in each, of the ordinary size—one bowl full of cold water, with a table spoon in it — the

sugar bowl, with either loaf or brown sugar—a pitcher of hot water. Place each of your vials beside each of your cups, and use one cup and one spoon for the medicine of each of the vials, so as not to mix them. Then put into the first cup a tea spoon even full of Composition. In the second cup, half a tea spoon even full of cayenne pepper. In the third cup half an even tea spoon full of the pulverized bayberry. In the fourth cup, one tea spoon even full of fine pulverized leaf and pod of lobelia, or should you use the seed, pulverize it, and put half a tea spoon full in your cup. Fill each of the cups one-third full of hot water, sweeten them well, cool them with the table spoon from the bowl of cold water, putting in your little finger to ascertain the warmth. When sufficiently cool, drink the contents, well stirred; give each cup in rotation every ten or fifteen minutes, until the four cups are given. Let them be given to the patient slowly—not more frequent than ten minutes apart, and fifteen in delicate cases. Then wait fifteen minutes, preparing your cups again, with the same quantity of medicine, and giving them in the same manner precisely, the second time. Should the patient puke after the first four cups are given, give some lukewarm water, about half a pint, previous to commencing again, and go over the third time with the same quantity of

medicine, and the same process. Never omit going over the third time, for much of the foul matter becomes detached with the first and second rounds, and the third is invariably required to finish the work, and throw it off. Never come short of the 12 cups, and it will leave the stomach clean, the head and eyes clear, the pulse soft and full, and the appetite good. When the female has suppressed Menstruation or inflammation of the womb or the bowels, let her feet be placed in a pail of hot water, and kept hot during the whole time, adding new hot water when necessary. Should the stomach prove sour, and the emetic be tardy in its operation, continue to give the cups regular and onward, and the result will be more favorable, the longer the emetic remains in the stomach. Use occasionally half a tea spoonful of salæretus put into a cup full of warm water. This ought to be given immediately after taking the cup of cayenne; if any distress seems to be present, give warm water freely, as soon as you ascertain that there is any uneasiness or wind pent up in the stomach. Should the patient not vomit after taking four cups, do not be uneasy or impatient; go on and give the four more, and should the patient not puke even then, let her walk about. A sitting posture, in a large rocking chair, is the best position to take them in, and continue to give the re-

maining four ; do not be alarmed, in the least ; you cannot injure the patient, nor produce distress. At every time of vomiting, give a table spoon full of cold water to rinse the mouth. This emetic, and the slow and gentle mode of giving it, is one of our most valuable discoveries ; the plan, the precise quantity, and its sure, safe and effectual operation in every instance, without danger or distress, makes it of great value in all cases. If administered in the manner prescribed, slow and continuous with warm foot bath, and warm water, it will remove foul matter from the stomach with great ease, and with no pain, distress or strain whatever. It can be taken an hour after eating at any time, and ought never to be taken on an empty stomach, except in cases of severe sickness. This emetic never discharges or removes any food from the stomach, but all the morbific and unhealthy matter. It is necessary, however, in order to prevent pain, from wind getting into the stomach, that a drink, immediately after vomiting the third time, should be given, that will soothe, nourish and strengthen it; for it is left, after discharging the matter, somewhat empty, and a gruel porrage under the following rule should be taken freely, as soon as possible after vomiting the third or last time.

MODE OF MAKING PORRAGE.

Take two tea cups full of sweet or new milk, four tea cups full of water by measure; take two common sized table spoons even full of wheat flour made into a thin batter free of lumps; boil the milk and water over a slow fire, and add the batter, stirring it well; let it boil five minutes, add your salt, cool it, and it is fit for use. This ought never to be omitted after the emetic.

RECIPE FOR PROLAPSUS UTERI, OR FALLING OF THE WOMB.

After the stomach and bowels have been thoroughly and gradually cleansed with the emetic and pills, and the Mensis regulated, take 1 oz. of cayenne pepper, and 1 oz. of pulverized cranesbill, 1 oz. of pulverized golden seal; mix, take half a tea spoonful of the mixture three times a day for a fortnight; relieve the bowels, if they are confined, with a few laxative pills.

TREATMENT FOR SORE BREASTS.

Obtain cedar or hemlock oil, and rub on the part affected half a tea spoonful at a time, two or three times a day; applying the raw onion poultice at night; be sure to relieve the bowels freely with laxative medicine, bathing the feet, &c. &c,

PART III.

INTRODUCTION.

PARTURITION.

It is very seldom that we can trace among the general herd of mankind, any circumstance that would lead us to suppose that any additional interest has been taken to alleviate, in any measure whatever, the situation of suffering woman in Parturition. It seems to be looked upon as a matter of course, and therefore of little or no interest to the men of science and education, to attempt a reform, or to introduce an improvement. It is a solemn fact that civilized society, with all its boasted science and learning, seems to have lost the first principles of philanthropy for suffering humanity; while the untutored savages who roam in our wilderness, use means more efficacious, and adopt measures more salutary in the relief of their honored mothers and wives, in Parturition, than we even pretend to suggest. Ignorance in relation to physiology, arising from the prevailing influence of medical priestcraft, that makes it almost a sin

for a female to know the positions or functions of the organs of the human body, has been the means of closing the avenues of their minds from any light or information on the subject, and has induced them to depend upon the information derived from the Faculty, without the means of judging of its accuracy or detecting its fallacy. We claim it as a duty in this work to instruct and enlighten the young mother, not particularly in any science, but in a fair, full and rational knowledge of her system, and the different changes that she is required to pass through as a mother; to acquaint her with all the means that have been devised for her comfort, and to enable her to use those means and the necessary precautions which that knowledge may dictate in the common concerns of life.

There is a surprizing sympathy existing between the impregnated Uterus and the mind of the female. It is the living medium through which our dispositions, mental capacities and features are transmitted to a new race of beings. Outward appearances and appetite produce an effect within its walls on the body of the fœtus ; grief, anger, fear, surprize, and other sudden and powerful emotions of the mind, have been known to produce strange derangements on the child within it. Almost every significant change of the constitutional habits of mind

or body, affect this organ more or less. It becomes absolutely necessary that they should, as much as possible, avoid the multiplied causes that produce the mysterious effects upon the most sensitive organ of the female system.

CHAPTER I.

DEFINITION OF NAMES USED IN THIS WORK.

1. The Abdomen is the name given to the belly.

2. The Pubis: this bone stands forward, forming an arch between the hips, at the lower point of the Abdomen.

3. The Sacrum is that part of the bones which is fixed between the hips backwards, and is opposite to the Pubis: the Sacrum extends itself downward and forward, forming a curve, and makes it necessary to regulate the passage of the child in a corresponding direction.

4. The large passage or cavity made by these two bones, together with the other bones of the hips, is called the Pelvis. If this cavity is much less than common, or out of shape, so as to prevent the passage of the child, the Pelvis is said to be distorted. This distortion may be effected several ways. The common distance between the

Sacrum and the Pubis, is rather more than four, and from that to seven inches; but it is sometimes found to be not more than two. The lower part of the Sacrum which bends forwards and inwards, forming a curve as above, admits of a little motion backwards, so as to make the passage of the child more easy. But in some instances, especially in those women who do not marry till they become old maids, it is so strong as not to admit of any motion at all; in addition to this, it sometimes bends so far inwards as very much to obstruct the passage.

5. The Mons-veneris is the fatty substance commonly covered with hair, which covers the pubis, and extends downwards and sideways towards the two groins.

6. The Labia, the two thick, soft pieces of skin, which pass on each side still downward from the Mons-veneris, forming a junction and angle; at the termination of which is a strong dividing line called the Perineum.

7. The Pubendum lies between the Mons-veneris and the Perineum, with the Labia passing down on each side, forming an upper angle at the Mons-veneris—the lower angle at the Perineum—and forms the external part of the Vagina.

8. The Perineum is that strong dividing ligament which exists between the lower angle of the Labia and the Anus or Fundament. This part, from the want of assist-

ance at and during labor, is subject to be lacerated or torn.

9. The Vagina, the passage from the Pubendum to the Womb.

10. Metus-urinarus, situated just above the opening of the Vagina, being a small orifice or opening leading into the Urethra, from whence the urine passes out.

11. Urethra, the passage from the Metus-urinarus inward to the bladder, passes just above the Vagina.

12. The Uterus, the name of the Womb.

13. Os Uteri: at the upper end of the Vagina, is an opening into the Womb, called the os Uteri, or mouth of the Womb.

14. Fundus Uteri is that part of the Womb which is furthest upward from its mouth, being the back or bottom of that organ.

15. The Placenta, the After-birth, called also the Cake, and with the membranes, including the child's water, is sometimes called the Secondines.

16. Umbilicus, the navel string.

17. Fœtus, the child while in the Womb.

To these names we add, the five following terms, expressive of certain changes which take place in the act of child bearing:

18. Parturition, signifies the actual labor of bringing forth a child.

19. Dilation, the act of stretching and

opening at the same time. This is applicable to the os Uteri, Vagina, and Pubendum.

20. Distention, the act of expanding and making more open.

21. Expel, the act of turning out any thing that is within: this is performed by the Uterus when it contracts, which it endeavors to do by certain periodical exertions called Pains.

22. Presentation, the act of presenting. The term is applied to the position of the child, and particularly that part of the child which is first sensible of the touch at the os Uteri or mouth of the Womb, when labor is coming on.

CHAPTER II.

NATURAL POSITION, PRESENTATION, &c.

Unless some circumstance has occurred to change, by exertion, accident or otherwise, the child is always in a proper position for presentation. If, therefore the presentation be a natural one, the head is downward, resting upon the Pubis. One side of the head is toward the Abdomen, and the other towards the Sacrum, or in some degree obliquely varying from this position. The bulk of the body is commonly on the right side, and the limbs are turned towards the left.

CHAPTER III.

DEFINITION OF LABOR, &c.

The common time for complete Gestation is forty weeks, at the expiration of which time the process of labor commences; sometimes there is a variation of a month, and at other times a week or more is wanting to complete the time; but the most accurate and common time is as stated. The process of labor is not the effect of any particular exertion of the child—nor of any united effort of the mother and child; but it is a peculiar power of the womb itself, by which, at the time appointed by the God of nature, it makes an effort and endeavors to expel its contents; like the apple from its parent tree, it falls because it is ripe.

Labor is either Nnatural, Difficult, Preternatural or Complex."

1. Every labor should be called Natural, if the head of the child present; if the labor be completed within twenty-four hours, and if no artificial labor is required.

2. If the labor is prolonged beyond twenty-four hours, it may be called Difficult.

3. If any other part than the head present, the labor is said to be Preternatural.

4. All other cases requiring additional aid and attention, may be said to be Complex.

SYMPTOMS OF PRESENT LABOR.

The first symptoms of present labor is anxiety, arising from any dread or doubt of safety. The anxiety will be increased if the patient should have heard of accidents or deaths in any late similar case. It is the duty of the patient to avoid cherishing in the mind any apprehension of danger, and to have an attendant accoucheur in whom she can place the utmost reliance. It is not his duty to sit in another apartment till the moment the patient is pleased to call him, but he is to be present to cheer, revive, encourage and sustain the patient by suitable and soothing language, and proper attention to every complaint. especially to the warmth of the body and limbs.

2. At the commencement of labor it is not unfrequently the case that women have commonly one or more chills, or fits of shivering, with or without a sense of cold.

3. The urine is commonly voided in large quantities, as if nature seemed engaged in preparing for the event. The patient should, at all times, be willing to indulge any predisposition to void urine ; and not allow any natural inclination to be suppressed in any degree ; but to require the persons in the room to leave, and indulge in the inclination suggested by nature. A neglect in this particular sometimes occasions difficulty when it is not so easily remedied.

4. There may be a disposition to stool, that ought to be equally as readily indulged in as the former. These symptoms are generally considered favorable, and seem to indicate nature's timely preparation for immediate labor. If the disposition to evacuate the bowels be frequent, an injection may be given of soft soap and milk, and if the patient be cold and chilly, a little ginger tea may be added, sufficient to evacuate the bowels artificially.

5. The mucous discharge, which before was without color, after the commencement of labor, will be tinged with blood. This appearance is sometimes called a Show.

6. If, together with the above symptoms, the usual pains be present, the presumption is very strongly in favor of approaching Parturition.

CHAPTER IV.

COMMON APPEARANCE OF THE PAINS.

1. The true pains usually begin in the loins or lower part of the back, pass round to the abdomen, and end at the pubis, or upper part of the thighs, pressing down in front. Sometimes they take the opposite direction; that is, beginning at the thighs, or from the pubis, and ending at the loins;

but this is rather uncommon for true labor pains. Sometimes they are confined to one particular spot, the back, abdomen or thighs, and even to the knees, &c.

2. The true labor pain is periodical, with intervals of twenty, fifteen, ten or five minutes; commencing in the loins and coming round to the abdomen, and pressing down in a point to the pubis, going off clear and distinct, without any gradual cessation of distress; so continuing at intervals: moderate pains, frequently repeated, are considered less debilitating in the commencement of labor, and better adapted to this stage of labor, than severe ones at greater intervals.

3. An experienced midwife may generally judge of the nature of present pains, from the tone of the patient's voice. The first change effected by the pains, consists in the dilation of the parts. Forcible and quick distension gives a sensation like that produced by the infliction of a wound, and the tone of voice will be in a similar manner interrupted and shrill. These are vulgarly called cutting, grinding or rending pains.—When the internal parts are sufficiently opened, the child begins to descend; and then the patient is, by her feelings, obliged to make an effort to expel, and the expression will be made by a continued and grave tone of voice, or she will hold her breath and be silent. These are called by some bearing

down pains. It is a common thing to say that women have fruitless or unprofitable pains. They are all adapted by nature's God to nature's work.

4. In the beginning, the pains are usually slight in their degree, and have long intervals; but as the labor advances, they become more violent, and the intervals are shorter. Sometimes the pains are alternately one stronger and the next weaker; or one stronger and two weaker. But every variety has its own peculiar advantages, being wisely adapted to the state of the patient.

CHAPTER V.

FALSE PAINS, HOW DETECTED AND REMOVED.

Cases may occur when it may be necessary to determine whether present pains be true or false; because if false pains be encouraged or permitted to continue, they may at length occasion premature labor.

1. Some known cause commonly precedes and is the result of false pains being superinduced; as fatigue of any kind, especially that which arises from walking or standing too long; sudden and violent motion of the body, great costiveness, a diarrhœa, a general feverish disposition, some violent agitation of mind, such as fear, grief, surprize,

passion, or melancholy news suddenly communicated.

2. The most certain way for detecting false pains is by an actual examination; this may be ascertained by a careful and experienced accoucheur. The position in which women are placed, when it is thought necessary to examine them, varies in different countries, and indeed almost every practitioner has an opinion of his own. But most regular men direct the woman to repose on a couch or bed, with the shoulders elevated, upon the broad of the back, with something placed firm across the loins, so as to protect them during labor. From a neglect of this position, and a disposition to lay on the side, the backs of hundreds of females have been weakened and injured, so as to prevent frequently their getting up for some time.—Others direct the female to repose on her left side, with her knees bent and drawn up towards the abdomen. This may be considered the most convenient position; but we are satisfied it is the most dangerous to that part of the female which undergoes so much severe straining as the back; and that part in females generally is much affected with weakness; and it may have arisen from this want of proper instruction at such a time; but it is common to allow the patient to choose her own position.

3. If it is determined that the pains are

false, it will be proper to attempt to remove them. When occasioned by fatigue of any kind, the patient should rest in bed. If she be of a feverish disposition, she should drink some warm pennyroyal, peppermint, balm or other cooling teas; or strong ginger tea, sweetened, with a little milk in it, will prove upon trial, to produce almost instant relief, if used freely, with the addition, if necessary, of a little cayenne. Avoid bleeding in *every* case. Generally it will be proper to use some opening physic, a dose or two of manna, with sweet oil, or of castor oil, or a few laxative pills. A mild and opening clyster, made of strong soap suds and milk, with a little ginger tea, will evacuate the bowels, and then a bowl of gruel, well seasoned, should be given and repeated.

CHAPTER VI.

PROCESS OF NATURAL LABOR.

There may be said to be three stages in the process of natural labor. The first includes all the circumstances and changes which take place from the commencement of the pains, to the complete dilation of the os Uteri, the breaking of the membranes and the discharge of the waters. The second includes those which occur from the time of

the opening of the os Uteri, to the expulsion of the child. And the third includes all the circumstances which relate to the separation and expulsion of the placenta. But to treat of each of these stages more particularly and in order:

1. The os Uteri is not always in the same central position, at the commencement of Parturition; nor does it always dilate in the same length of time. The first part of the dilation is generally made very slowly; but when the membranes containing the waters begin to insinuate themselves, to press down with the force of the pains, they act like a wedge, and the operation proceeds much more rapidly.

With first children this state is commonly tedious, and very painful; some considerable experience and judgment is therefore necessary on the part of the attendant for supporting the patience, strength and confidence of the suffering woman. As the labor proceeds, the pains become more frequent and forcible. If the dilation should take place with difficulty, there will be sometimes a sickness of the stomach and vomiting.—This is a favorable circumstance, and commonly has a tendency to relax the system. At length, after a greater or less number of hours, as the case may be, the dilation is effected. Care must be taken not to break the membranes, should an examination

be deemed necessary. When the os Uteri is not fully dilated, they are usually broken by the force of the pains. If this should not be the case, they will be outward in the form of a bag, and then are of no further use; but the judgment of the accoucheur is required to be exercised here. If the labor has not been disturbed, the child is commonly born speedily after the natural rupture of the membranes; therefore if the birth is delayed after this event takes place, it will be a very proper time to make a careful examination of the state of the organ. The cry of nature doing every thing, is destitute of commiseration or sympathy, and ought to be treated by every female with contempt.

CHAPTER VII.

SECOND STAGE OF LABOR.

The second stage of labor includes all the circumstances attending the descent of the child through the pelvis, the dilation of the external parts, and the final expulsion of the child. In general, it will follow that the further the labor is advanced before the discharge of the waters, the more speedily and safely this second stage will be accomplished. As the head of the child passes through the pelvis, it undergoes various changes of

position, by which it is adapted to the form of each part of the passage, and that more or less readily, according to the size of the head, the capacity of the passage for admitting it, and the strength of the pains, &c. When the head begins to press against the external parts, at first, every pain may be suffered to have its full and natural effect.—But when a part of the head is fully exposed, and the fine part of the perineum is on the stretch, it is necessary to use some precaution to prevent it being torn; and the more expeditious the labor, the more is the precaution necessary. Accoucheurs differ in their modes of management; some trust to nature, and receive the ripe fruit just as it falls, and sometimes not *even then;* and others gently pluck the fruit and save its fall. Some have thought that if the external parts be very rigid, they should be frequently annointed with some kind of ointment. Nothing can equal the natural juices that exude from the parts; and much of this mucous is drained from the system at such times; and it is sometimes that this discharge is thick and glutenous. It is always necessary, where the accoucheur has exprience enough to dictate, that the female should be supplied with strong ginger tea, red pepper or cayenne tea, to be frequently given; and this assistance, at such a time, is valuable. It is equally efficacious as it is valuable, and

will superinduce a discharge of mucous all through those organs, and enable them to dilate more readily, and at the same time will keep up a gentle glow of perspiration, and prevent the extremities from getting cold, assist in opening the milk vessels, and at the same time it possesses the property of sustaining the strength of the suffering woman.

Place the finger and thumb of the right hand upon the head of the child, during the time of a pain, or by placing the balls or one or more of the thumbs on the thin edge of the perineum; and with first children, if there be great exertion and much danger of a laceration, the right hand may be used, and the palm of the left hand, wound round with a soft cloth, may be applied over the whole perineum, where it must be firmly continued during the violence of a pain. It is proper to proceed in this way. till the parts are sufficiently dilated. Then the head may be permitted to slide through them in the slowest and gentlest manner, paying the strictest attention till it is perfectly cleared of the perenium. If there should be any delay or difficulty when the perineum slides over the face, the forefinger of the right hand may be passed under its edge, by which it may be cleared of the mouth and chin, before the support given by the left hand be withdrawn. The assistance should be applied in a proper direc-

tion, and with uniformity. The danger of injury to the external parts will be increased by irregular or partial pressure. The head being expelled, it is commonly deemed necessary to extract the body of the child without delay. But experience has taught that there is no danger; and that it is far safer for the mother and child to wait, in some instances, for the return of the pains. And when the shoulders of the child begin to advance, and the external parts are again dilated, assistance should be given to the perineum as before. The child should then be conducted in a proper direction, so as to keep its weight from resting too heavily on the perineum. After the head is expelled, the labor is generally over. The child should be placed in such a situation that the air may have free access to its mouth, but let its head be covered. Having taken the proper care of the mother, it would be necessary to proceed to the third and last part of the operation.

CHAPTER VIII.

MANAGEMENT OF THE PLACENTA, &c.

There is a proper time for dividing the funis or umbilicus. Before the child breaths and cries, a motion of the arteries of the

cord may be felt, beating like the pulse.—But after it has breathed and cried, this pulsation or motion ceases, and the string becomes quite relaxed and soft. These circumstances ought to take place, before the umbilical cord is divided. Ten, fifteen and sometimes twenty minutes are required for the complete relaxation of the navel string. Then let it be tied in two places, and divide between them. Most women are extremely uneasy till the placenta is removed, and suppose the sooner it is accomplished the better; but this uneasiness is unnecessary, and all hurry is improper. The placenta has been known to remain from six to twenty-four hours, and then came away without any uneasiness—but a slight pain expelling it. Some have remained fifteen days; and accounts of another twenty-four days: but each of them passed away without any injury. Much greater would have been the injury had the placenta been torn away with a ruthless hand; and we hesitate not in declaring that it is our candid opinion that thousands of females have been rapidly passed into eternity from that rashness that is so common amongst the *eminent* physicians of the present day, in tearing the placenta out of the Uterus without due consideration. Very many female diseases originate from the improper mode of taking the placenta; and irreparable

weakness, and frequently sudden and fatal inflammation is the consequence; and not unfrequently floodings, as dangerous as they are debilitating.

After the birth of the child, let the first attention be paid to the mother. With this design, let her be kept quiet, affording her at the same time some suitable refreshment.

In the course of ten or fifteen minutes or more, say twenty or thirty, the pains will return for the purpose of expelling the placenta; and it will generally be expelled without any artificial aid, which should never be employed when it can be avoided.—But if it descend too slowly, the cord may be drawn in a gentle manner, and in a proper direction. This may afford some assistance but, it should be done only in the time of a pain. We wish every female to be very particular in expressing a desire that the placenta may not be torn away hastily; for the Uterus seldom or ever recovers its usual healthy tone after being thus injured.

CHAPTER IX.

INTRODUCTION TO DIFFICULT LABORS.

The first distinction of labor requiring the assistance of art or management, may be called Difficult; and every labor in which

the head of the child presents, but which is delayed longer than twenty-four hours, ought to be classed under this head. Difficult or tedious labors may be found of four kinds :

1. Those which are rendered difficult from too weak or an irregular action of the Womb during Parturition.

2. Those which are occasioned by a certain rigidity or firmness of the parts, in consequence of which the dilation is tedious and difficult.

3. Those in which a quick and easy passage of the head of the child is prevented, by some distortion of the pelvis, or too large a size of the head.

4. Those which are rendered difficult from diseases of the soft parts.

FIRST KIND OF DIFFICULT LABORS.

1. The action of the Uterus is sometimes too weak, in consequence of great distention. In such an instance, the safest and frequently the only remedy, is to allow the patient sufficient time. In the meantime she may be suffered to walk, stand, kneel, or choose the position she may prefer.— Some light nourishment may be taken, and some warm ginger or red pepper tea sweetened and used with milk, drank warm and freely. Sometimes, however, frequent clysters of warm, strong soap suds and milk,

with a little ginger tea added, with a little castor, sweet oil or lard, might be injected, so as to warm and relax the bowels, and excite to action the other organs ; or if the pains should be feeble, and come on in a very slow manner, or if the labor be very far advanced, it will be proper to give a clyster of the same, made more irritating by the addition of a sufficient quantity of strong ginger tea.

2. The action of the Womb may be feeble and tedious, in consequence of the pains being partial or incomplete. In a case of this kind, the female may complain that the child lies very high in the abdomen, or she will have cramp-like, ineffectual pains in various parts of the abdomen, which seem quite ineffectual. If these pains be strong and different from common labor pains, they are commonly the effect of a feverish state of the system ; and if so, the patient may bathe her feet in warm water, from fifteen to twenty minutes ; increasing the heat of the water as it cools every ten or fifteen minutes ; drinking freely of summer savory, balm, pennyroyal, peppermint or sweet margorum, or tansy tea, made warm with pepper and ginger and sweetened. If she should have suffered much and a long time, administer strong doses of cayenne tea frequently, to restore strength ; to prevent fainting and unnatural spasms

and cramp, give the patient something nourishing, such as gruel to drink, and a slight vegetable emetic would probably produce a good effect.

3. Sometimes the pains are not sufficiently strong to break the membranes containing the waters. If the presumption be that the membranes are too rigid, or if sufficient time may not have been allowed, it may become necessary to break them artificially. But as was observed under the head of Natural Labor, this must be done with the greatest caution. It should be first ascertained that the os Uteri is fully dilated ; and care must be taken not to be deceived in this point, because the os Uteri is sometimes so thinly and uniformly spread over the head of the child, before it is in any degree dilated, as very much to resemble the membranes. If it be determined to break the membranes, no instrument is necessary but the finger, or at most the finger nail, prepared for the purpose by being cut and turned up.

4. The shortness of the umbilicus or navel string may be the cause of Difficult labor, resembling that which is the effect of a feeble action of the Womb ; it may therefore be explained in this place. The umbilicus may be short originally, or may be rendered so by being wound round the neck, body or limbs of the child. If the

child should be drawn back on the declension of a pain, the shortness of the umbilicus may be always suspected. By allowing sufficient time, this inconvenience will commonly be overcome. If, however, the child should not be born after waiting long enough, it may be necessary to change the position of the patient, and instead of reposing on a bed or couch, as advised in the instructions before recited, she may be placed in any other position that circumstances may dictate, or on the lap of any one of the assistants, &c. When the head of the child is expelled, the navel string may be brought forward over the head or backward over the shoulders. But if neither can be done, it may be necessary to wait for the effects of more time. It is not so dangerous as many suppose for the child to remain sometime in this position. But the air should have free access to its mouth. But when it can no longer be considered safe, the cord must be divided, with the usual precaution of tying, &c.

5. If the child should be *dead* and swollen, the labor will commonly be exceedingly difficult, but no appearances similar to those of the foregoing cases. It may be found necessary, in an instance of this sort, to pass a bandage, a handkerchief or fine towel round its neck, and then by taking hold of both ends, considerable aid may be afforded.

But if this method should not succeed, one or both arms should be brought down and included in the handkerchief; by which means still greater force may be applied.—In all cases, however, when it can be done with safety, it will be more safe and humane to wait the effects of natural efforts, than to use much force.

6. Consumption and other diseases, with general debility, commonly cause great apprehension about the issue of Parturition.—But if there is no untoward circumstances in the way, it will be found that there is a peculiar balance obtained between the strength of the patient and the disposition of the parts concerned for dilation; give them time and they will be delivered.

7. When labor is common, there is generally a sense of heat, quickness of the pulse, thirst, flushed cheeks—in one word, a general feverish disposition. Instead of spirits, wine or opium, have recourse to drinks, and those teas which will allay fever and promote perspiration, to be continued according to circumstances. We will here refer the reader to the article headed Directions during Labor. To these may be added clysters, as directed in the chapter above referred to. The room should be kept cool and well aired, and the patient as much as possible composed.

8. Fat and inactive women frequently

have slow and lingering labors. They seem subject to debility ; to the indirect kind. In every case of this sort, it is very improper to make use of spirits, &c., to hasten the pains.

9. Patients under the impression of fear, will in almost every instance be subject to a tedious labor ; and as the time is prolonged, their fears will naturally increase ; so that ultimately they may be brought into danger by their own nervous excitability or cowardly imagination. Means should be used to allay such excited feelings, and the mind should be composed, trusting in Him who hears the cries of the afflicted.

10. I will conclude this chapter with a general observation on the subject of letting blood in labor. It cannot be properly admissible in any case ; we consider it one of the barbarities of the age. It produces more female weakness, destroys more mothers, and makes more motherless children, than any course of practice ever introduced into the medical science.

CHAPTER X.

SECOND KIND OF DIFFICULT LABORS.

Most women, with their first children, suffer more or less from the difficult disten-

tion of the parts concerned in Parturition. But the rigidity which is the cause, commonly lessens with every child, in proportion to the number she has. Let sufficient time be allowed her, and the constitution will find sufficient resources within itself for delivery. If the woman be far advanced in age at the time of her having her first child, this rigidity of the parts will be greater, and of course the labor may be more difficult.—Women of this description might generally avoid much inconvenience by using gentle laxatives towards the close of pregnancy, as manna, sweet oil, castor oil, and the like; and also by sitting over the steam of warm water every night at bed-time. It may be observed, however, that it very frequently happens that women of forty-five fare as well as they could have done with a first child at twenty-five. None, therefore, ought to be alarmed or discouraged. The natural efforts of the constitution in these cases are astonishing.

The os Uteri is sometimes removed from its central position. This may put on appearances similar to those of common rigidity. But the attending physician must exercise his judgment in this matter. The os Uteri may be so rigid as to require from twenty-four to forty hours for its dilation, and yet no disorder be present. But it is sometimes made rigid by an inflammation of

the part. This state of it may be made known by its heat and dryness. And if the pains have long continued without effect, and the principal difficulty be the resistance made by the os Uteri, an inflammation may always be suspected. To remove such inflammation, let some cayenne tea be made; and give, every two hours, a good bowlful of it, or warm ginger tea; bathe the feet, and use means to superinduce perspiration and procure a mucous discharge from the parts, which can easily be effected with a little time. Never be in a hurry, unless the pains drive things forward; and then use gentle, safe and progressive means to render assistance; use clysters, &c.

We conclude this chapter with a few general remarks as to time. It is too frequently the case that persons become uneasy and anxious, and even impatient during labor; but we must at all times remember that we ought to submit to nature's dictation; that we cannot direct her, but that she must direct us. Means should at all times be used to keep the patient warm, and superinduce perspiration; for there is a much greater rigidity of the parts of a person whose feet and limbs are cold, and who is in a state approaching a chill—a general absence of natural glow of the skin—than of a person that is kept warm and in a gentle glow of perspiration. The latter state is

evidently to be desired during labor. Let patience have her perfect work, trusting in the God of nature.

CHAPTER XI.

THIRD KIND OF DIFFICULT LABORS.

If the pelvis be too small for the child's head, or rather if the child's head be too large for the pelvis, it will obviously require the more time for bringing about the necessary changes for its passage. The same consequences will follow from a moderate degree of distortion, or narrowness of the pelvis. But as it is possible for the head to be compressed into one-third part of its dimensions, it can of course pass through a passage which would seem to be much too small. If, however, the distortion be very great, or the head be of such a degree of strength as to prevent a passage entirely; then the woman must be delivered by the aid of instruments; otherwise she must perish, together with the child. Instruments ought not to be used without the most extreme necessity demands their use; and even then it ought to be with the advice of other physicians. The New School physicians are of opinion that no case requires their use; that other means of lubricating

the parts and promoting a flow of the mucous discharge, superinducing perspiration, and giving the constitution time to recover from exhaustion, will enable nature to perform the work without their use. It is not more than one case out of 5000 that requires them under any circumstances. In some cases the head is so enlarged by disease that it may be necessary to open it with an instrument. But as the head, when distended with water, sometimes bursts from the pressure of the pains, this operation ought not to be too hastily performed.

If the face of the child be turned toward the pubis, the labor will commonly be tedious. But generally no artificial aid is wanting; more time must be allowed for the descent of the child, and more care will be required when it passes through the external parts. The case would be similar if the face should present.

A Difficult labor, similar to that in consequence of a narrow pelvis, will take place when one or both the arms present together with the head. When it can be done, the arms should be put back, and carefully detained. In some cases of this kind, the head and arm and a foot may be felt at the same time. When this happens, it is best if possible to bring down the foot, and deliver in that manner; but judgment is here required.

CHAPTER XII.

FOURTH KIND OF DIFFICULT LABORS.

Should there be a large stone in the bladder (a possible case) or an adhesion of the Vagina so as to prevent the passage of the child, assistance from an experienced surgeon should be accepted. If a large, unnatural substance should grow out of the os Uteri and obstruct the passage, it may be necessary to lessen the head of the child by letting out its contents. Scars in the Vagina from past injury, will generally yield to the natural effects of the constitution.—Sometimes the Womb itself is ruptured. If this truly alarming circumstance should take place, it may be readily known. A case of this kind does not probably occur once in 20,000. The multitude of cases of Difficult Labor admit of great variety, and much practice is nesessary for preparing any one person to treat every case to the best advantage. Regard should be had to the cause of the difficulty, which should be ascertained if possible ; because a knowledge of this would afford aid in determining the proper mode of procedure. Here we must be permitted to repeat our assertion, that the greater number of Difficult Labors are not such from unavoidable necessity ; but are rendered difficult from some improper management, driving medicines in the be-

ginning or through the course of labor.—The accoucheur may err; (we are afraid too frequently,) the patient may be untractable; and the impatience, and too frequently, the unreasonable anxiety of her friends, may lead them to demand improper treatment.

INSTRUMENTS.

Although we never have been in favor of steel being applied to aid in Parturition—and we are satisfied that Nature never anticipated it, no more than she anticipated the blood-letting to save life and increase the strength of our species—it may however, be necessary, to add increased importance to the Medical fraternity, to introduce them as harbingers of mercy to the suffering and afflicted female. Several instruments have been invented for aiding in difficult labors, as the forceps, vectis, fillet, &c.; but as they ought not to be used except in cases of extreme necessity, and then by those only who are well acquainted with instrumental delivery; (two or three life-times would not probably gain that acquaintance in this age of the world,) we shall not attempt a description of them. Accoucheurs who are desirous of acquiring information on this subject, are referred to the late work of T. Denman, where they may find a distinct and intelligent account of their figure, and the manner of applying them in practice, &c.

CHAPTER XIII.

PRETERNATURAL LABORS.

Preternatural Labors may be divided into two orders: 1. When the breech or lower extremities present. 2. When the shoulders or upper extremities present.

Natural and Difficult labors are considered as having reference most chiefly to the mother. But Preternatural labors are considered as having reference to the position of the child. It therefore is obvious that a Preternatural labor may happen to any woman in perfect health, who has every possible regularity in her formation, and who may have passed through all the common changes of Parturition in the most favorable manner. Different opinions have been entertained concerning the cause of preternatural presentation; but none of them are sufficiently clear and certain to be of any advantage in directing the conduct by which they may be prevented. Various symptoms, too, have been stated as indicating such a presentation. But it cannot be certainly known, until the part presenting can be felt and distinguished by the touch. The head may be known by its roundness and firmness. The breech, by the cleft between the buttocks and by the parts of generation. A hand, by the thumb and length of the fingers. And a foot, by the heel and its want of a thumb. Per-

sons would suppose that they might be very readily designated ; but we assure you that there is frequently a good deal of doubt before the accoucheur can satisfy himself on those occasions.

COMPLEX LABORS.

Complex Labors admit of four orders: 1. Labors attended with flooding. 2. Labors attended with convulsions. 3. Labors with more than one child. 4. Labor where the umbilicus descends before any part of the child.

The first order admits of four variations: 1. Those which happen in early pregnancy, commonly called abortions. 2. Those which occur in advanced pregnancy, or at the full period of Gestation. 3. Those which happen between the birth of the child and the expulsion of the Placenta. 4. Those which follow the expulsion of the Placenta.

CHAPTER XIV.

FLOWING OR FLOODING.

It might not be improper here to make some remarks in relation to flooding from the Uterus. Our information is derived from the actual dissection of that organ in a healthy female who had committed suicide in a

state of partial derangement, who probably would have Menstruated the next day. On examination, the vessels containing the Menstrual Fluids were full; they seemed to commence in the body of the Womb, toward the Cervex, and extended toward the fundus Uteri; and in the extreme part of the fundus Uteri they grew smaller in their dimensions, and all seemed to terminate in a point from all parts of the inner surface of that organ. At this point, with open mouths, the Ovary receives its nourishment, after being deposited through the Fallopian Tubes: from those vessels it receives the Menstruation that would, in the absence of a Fœtus, have passed off periodically. Flooding, therefore, must take place from these open mouthed vessels, and is commonly considered very dangerous. In all floodings we consider that there is a degree of the natural heat of the system deranged; and a greater quantity of warmth and vitality exists in the region of the Womb and its surrounding parts, which is not unnatural to suppose, considering the functions of that organ: and this warmth predisposes the blood to flow thitherward, until almost all the blood, rushing in one direction, and becoming more limpid as it reaches the region of warmth and natural excitement, passes off with unusual rapidity. It frequently exhausts the patient and reduces her to a state of weakness and

lingering debility. It will always be found that the extremities are cold at such times, the lower limbs inactive and almost lifeless, the hands and arms in the same state, not unfrequently benumbed from want of that natural heat that predisposes the blood to flow, and expands the vessels through which the precious fluid moves.

There are two means used to arrest flooding; the one prescribed by the Old School practice, and the other by the New School or Botanic practice. That of the old School, if we remember right, is the use of opium in small doses; the application of large cloths or sheets folded and dipped in ice water, or water cold from the well and applied to the groins and abdomen, covering the pubendum; pieces of ice folded in cloths and laid on the groins, and cold water given to the patient to drink, cording both thighs as tight as they can be. This is a philosophical, ingenious, and scientific way of cooling the heat of the organ, and preventing the flooding, in connection with the benumbing and intoxicating power of opium. Sometimes, and it is not uncommon, blood is taken from the arm to prevent it from all rushing in one direction. And thus the insulted, abused, half-frozen and intoxicated woman, in a strange delirium, is mysteriously saved from flooding to death! This account is not exaggerated. Botanic physicians consider

it necessary to equalize the natural warmth of the body and the extremities, by rubbing with warm pepper and vinegar, and bathing them in warm water, giving the patient strong cayenne tea freely. Considerable drink is absolutely necessary when the flowing is of long duration or large in quantity. This diffuses warmth throughout the whole system, and with that warmth the blood, ceasing to flow from the vessels thus opened, the patient falls into a sweet sleep, and the blood retires to the reanimated vessels of the body. This mode, simple as it is, never fails in the most sudden and dangerous floodings. It is as efficacious as it is harmless. We have tested it in the most perilous cases, and with the most triumphant success. After the patient had already bidden farewell to the surrounding friends who were in tears, the flowing ceased and the death-like paleness passed away. This effect was produced by a strong tincture of Capsicum Annuum, pure African Cayenne. We shall treat upon its properties in another place. The article must be pure, not adulterated; and it remains yet a potent cordial, that can administer life, warmth, and strength to thousands and millions if they will but yield to its benign influence. [*See Appendix for Recipes to stop Flowing.*]

CHAPTER XVI.

LABORS WITH TWO OR MORE CHILDREN.

There are no certain marks or symptoms by which it can be foretold that a woman carries twins; neither an unusual size, nor uncommon sensation about the Uterus, nor any particular discharge of the waters, nor the slowness of the progress of labor, affords any information worth attention—but after the birth of the first child, it may be determined by applying the hand to the abdomen. It is a very good rule to keep the patient ignorant (who has borne but one child,) of there being another, as long as it can be done; but in most instances, after the birth of the first child, the second will follow in a few minutes; the whole process will generally be the same as if there were but one child. But if the first one must be turned, it will require care not to break the membranes of the second, if they be yet whole; if the first be excluded safely, there cannot often be any difficulty in the exclusion of the second. If the first is delivered by art, the presumption is that the second will require similar management; should the pains be suspended after the birth of the first, the second should be suffered to remain at least four hours before artificial aid be introduced; but if convulsions or floodings take place, no more time must be delayed than the state

of the case would warrant. In twin cases, the two cakes are usually united so as to form one mass, though they are sometimes distinct; but whether separated or united, no attempt should be made to extract the placenta of the first, till both children are born. When the second child is extracted by art, it is frequently the case that the placenta must also be extracted by art; and if one be so extracted, the other ought not to be left behind, because a flooding might be the consequence.

CHAPTER XVII.

MISCARRIAGES, ABORTIONS AND TREATMENT.

Abortions occur from the first to the sixth month of pregnancy, and ought to be considered at all times exceedingly dangerous—both debilitating to the general health of the female, and very injurious to the Uterus and the broad and round ligaments sustaining it in its position. They also weaken the back and loins, and under any circumstances whatever, should be avoided, if possible. They naturally divide themselves into two classes:

1. Those that occur from the natural weak and debilitated state of the Uterus.

2. Those that occur from over fatigue or accident, &c., &c.

1. In many apparently healthy females who are very anxious to have children, they seem to become pregnant, and from some unhealthy and unnatural state of the Uterus or Womb, they are unable to retain their offspring. We shall be obliged to treat this subject definitely, and commence by dividing the whole time into six different periods, comprising each of the months of Gestation where it is possible abortions may occur.

In the First Month—it is not unfrequently the case that abortions take place; and at such times they can only be detected by a peculiar painful and profuse Menstruation, with an unusual weakness immediately after Menstruation, and lassitude of feeling, altogether different from that which precedes a healthy and natural discharge in the usual way. Such abortions arise from the incapacity of the Womb to retain any fœtus or ovary, however small; that organ in some females is so much relaxed and so very sensitive on its inner coat or surface as to expel and eject any thing existing there in the form of an offspring, and for this reason some females cannot have children. They are not generally debilitated and feeble, but seem to enjoy life in all its variety; but their Menstruations are generally profuse and sometimes irregular. Such females are commonly sensitive, active and quick in all their perceptions, both of mind and body, of a

warm disposition, and may be classed among those who have reddish or light hair, light or blue eyes, and very clear and fine complexion. But there are exceptions to this rule. Such a state of things may be corrected, and the organ regulated so as to predispose it to retain the offspring, without much expense or suffering.

In the Second Month—abortions are not so common, and do not exist so frequent as in that of the first and third months; for when the Uterus becomes charged with an ovary from the Fallopian Tube and retains it over the first time Menstruation is due, the very existence of the menstrual fluid, adapted to the growth of the fœtus, not only strengthens a weak womb, but confirms in some degree the health of the female, and predisposes her to eat more than she habitually does, and thereby the organ and health are partially improved; especially when such a female has been in the habit of enjoying rather a profuse and healthy Menstruation previous to her becoming pregnant; and such females, admitting the idea that they have a weak and very excitable Uterus on its inner surface, seldom abort until the termination of the third month, at the time or near abouts when their third Menstruation becomes due, or some few days after. We must remember that we are now directing our attention to weak females and weak or-

gans, and miscarriages which originate from debility.

In the Third Month—it is frequently the case that after the fœtus has received for its nourishment and growth the fruits of the first and second seasons of Menstruation, or that the two discharges at such seasons have been by nature adapted to the growth of the fœtus and the membranes surrounding it, its own weight becomes the predisposing cause to its expulsion, from the want of strength to retain a mass thus accumulated. It will be also evident, that the irritation produced upon the stomach of the female where nature demands sustenance for the fœtus are frequently so active as to excite to vomiting, that this vomiting increases the debility in many instances, and aids in the predisposition to expel. We do not consider that vomiting is necessary in Gestation; that it is required to carry on the work of nature. But when the female is giving life and nourishment to a fœtus, its surrounding membranes, its waters, fluids and umbilical tubes, that nature claims from the stomach a material not diseased, but healthy and possessing the properties of nutrition and vitality; and when the stomach has more or less morbific, diseased or worn out matter upon its inner coats,—destitute of this principle, nature predisposes the stomach to throw off this matter,

and claims onward a healthy, life-sustaining matter for the living fœtus.

In the Fourth Month—therefore the mass, from its own weight, having the fruits of three seasons of Menstruation, and the natural weakness of the Uterus, parts from the small vessels that nourish it, and ceases to exist from want of connection to the fundus Uteri; the whole mass, fœtus and all its natural membranes and fluids, in their best state feeble, now die, and cease to exist as animated matter. They become cold, heavy and oppressive to the body of the Uterus; and the female feels this weight and oppression, becomes languid and pale, irritable, uneasy, unhappy, and frequently melancholy; more or less pain, and a sinking, prostrating, sensation is felt; pains commence, continue gradual, imperfect and weak, and after more or less time from the hour it ceased to receive nourishment, and about three full months from the time of its conception, it is expelled.

Fifth and Sixth Months.—Treatment in abortions is the same among Botanic physicians as those of full Gestation at Parturition. If the female, thus weak, with organs debilitated, should continue ten days after the time the third Menstruation becomes due, she will usually pass on, if no accident or alarm befalls her, to the fourth month, and at that time the vomiting is commonly

allayed, and she will feel the weakness and predisposition to abort. But as nature in the female works periodically, and almost with organized regularity, females are seldom known to abort at four months. Should the Fœtus die at such a time, it is not usually expelled till just at the fulfilment of the fifth month from the time of conception, and should her weakness continue, which is seldom the case from the increased appetite and other known causes, although it sometimes does; or should the Fœtus die in the sixth month, it would not be expelled till the termination of the seventh month from the time of conception, and at the regular periodical terms of the return of the season, when the Mensis would be due, a predisposition to abort, a langor and weakness, will always be felt by the female. If her weakness continue till the seventh month, and the Fœtus retain its claim of nourishment from the fundus Uteri, she may have a living child at seven months; but should she abort in any of the above times, the feeling will be very similar to those described in the third month, only more prostrating and severe, and would require the same treatment, both as regards the expulsion and the flowing after it. (*See Flooding.*)

2. Abortions which occur from over fatigue and accident. In the first month they frequently occur, and seldom do much inju-

ry ; only predispose the female to increased Menstruation and debility. In the second month they also occur, and pass away with periodical pains, prostration and flooding ; and require particular management, according to the strength of the patient. In the 3d, 4th, 5th and 6th months they frequently occur from fear, grief, surprize, anger, fatigue and accident. The circumstance attending the female cannot be preconceived, nor can her comparative state of debility or strength, and from the diversity of accidents, the divers times they take place within the six months, the great variety of constitutional developments which show themselves in females in different circles in the community, it is impossible for us to be definite in relation to any remedy whatever, only where a case comes under our practice.

CHAPTER XVII.

RETROVERSION OF THE WOMB.

This complaint commonly originates during the contraction of this organ, immediately after having expelled either a Fœtus, or child of from five to seven, and from that to nine months. It occurs from the spasmodic and contractile properties of that organ after delivery, from the use of cold and

unhealthy medicine, such as soda, salts, cream of tartar, or from nitre, &c., &c.— Also, from cold or ague taken previous to Parturition. This organ being entirely destitute of a stimulant, is disposed to spasm and contraction, when retroversion takes place in a partial manner. The fundus Uteri is drawn downward and embraced by the contractile property of the neck of that organ, and is retained in that position. The female experiences most excruciating and acute pain, darting and shooting up the body, and along the broad ligaments to the back, which is very severe and afflicting to that part. The spasm frequently runs down the round ligament to the pubis; the female becomes almost distracted, and fits of a serious nature sometimes ensue, with cold hands and feet, low pulse, and a dejected and care-worn countenance. The os Uteri is sometimes drawn inward and upward, and the body of the Uterus shuts down over it, similar to the bottom of a common bottle; when contraction and spasm continue to retain it in this position. Sometimes from utter neglect and absolute ignorance of mothers, it sometimes remains so until it inflames, mortification and death ensues;— and from what? from the fashionable ignorance of the learned Faculty. Bleeding, blistering, cupping &c., is their only resort, with preparations of soda, nitre and opium,

until death relieve the learned physician of his patient. The Botanic treatment would be to give a diffusible stimulant and laxative: with an injection of ginger tea, and if no physician is present, use cayenne alone, half a tea spoonful every twenty minutes in half a tea cupful of hot water. Do not be either surprised or alarmed. This will destroy fever, prevent inflammation and produce perspiration. We know this; we have proved it in extreme cases. Apply a large poultice over the abdomen, of raw onions chopped fine, and placed in a warm Indian meal poultice—just enough to keep the onions together. Use equal parts of cayenne and blood-root, pulverized, and take half a tea spoonful of the compound, rubbing the feet and hands to increase the circulation. Bathe the feet in hot water.—Keep the patient warm, and the spasms will subside, and all will be well.

CHAPTER XVIII.

DIRECTIONS FOR FIRST WEEK AFTER PARTURITION.

The first twenty-four hours after a woman has been delivered of a child, is a very critical time with her in regard to her future health. It is a season of thankfulness; a season also of relief from extreme suffer-

ing, and it is too frequently the case that the great contrast in her feelings, from extreme pain, to permanent and comparative ease, leads her to neglect those necessary precautions which ought to be attended to at this particular period. Immediately after the birth of the child, the abdomen ought to be carefully pressed with a hand on each side, to assist in promoting the contraction of the Uterus, and the expulsion of the placenta, or after-birth. After this has passed away, should flooding increase, use the cayenne tea very freely and very strong; this will arrest it. Let a broad bandage, (which ought always to be made and prepared for the purpose, about three quarters of a yard broad, and twice as long, adapted to the size of the woman,) be placed round the body and well pinned, or tied (if the bandage is prepared with strings) and as the abdomen becomes smaller from the contraction of the Uterus, let it be tightened, and worn for a week, low down and closely pinned, to support as well as to compress the belly. Let an old cotton or linen cloth of eight or twelve folds, be made up in an oblong square form, and dipped into a bowlful of vinegar and salt, (a handful of salt to a bowlful of vinegar.) Let the cloth be partially warmed and applied to the pupendum, between the legs of the female, and there be kept until necessary to apply ano-

ther prepared and wet in the same manner, and so on as long as the slightest soreness remains. This precaution will remove all soreness, destroy any inflammatory action of the entrance of the Vagina, and predispose the parts to contract and become firm without any painful sensation whatever.—The clothes should be changed as soon as possible after the placenta is removed, where there is not too much exhaustion. The female in no instance should be allowed to sit up, or to allow the body to remain in an upright position, for the first twenty-four hours. She may receive nourishment; but she ought not to sit up to partake of it till after twenty-four hours from the time of the birth. This will prevent much female weakness, and falling of the womb at a future day. Nature ought never to be disturbed while contracting the parts after so powerful an effort. We hope young mothers will be cautious: they may feel lively and strong; but that strength will soon depart if it is not preserved at such times.—Let the female be carefully washed, and the clotters removed from the Vagina morning and evening in warm weather, to prevent a bad odor. Wash the whole body in salæratus water if feverish; let the bed clothes be changed, the room aired, and every thing kept sweet. The after-pains can be prevented by the use of cayenne tea, which ought

to be drank freely. That will superinduce the discharge of milk from the breasts, which often takes place immediately, and sometimes on the second or third day. Use considerable drink. *Nervous* females ought to be kept from company, the windows of the room darkened, and they allowed to converse but little. Their situation at this stage is peculiarly dangerous, and ought to be guarded. Keep every thing quiet about the house, for if the brain becomes excited, at such a time, they seldom recover. If the breasts should be caked, rub them with spirits and camphor; if they continue to be sore, apply the raw onion poultice,—onions chopped up fine and mixed with warm meal pudding. If the infant is not sufficiently strong to draw them, or should it be dead, remember they must be drawn, and that three times a day freely. Obtain a young pup, if possible. Be very cautious about sore breasts.

There is a discharge that passes off from the womb and outward, immediately after delivery and for some time after, called

THE LOCHIA, OR LOCHIAL DISCHARGE.

The extremities of the Uterine vessels being open, will remain in this state until about the fourth or fifth week: it is an outlet for morbific matter, and should it stop previous to that time, inflammation of the

Womb is the consequence. A tea of hemlock boughs, pennyroyal or tansy would tend to promote it. Bloodroot and cayenne, equal parts mixed, a half tea spoonful three times a day, will also promote it. The Lochial Discharge is of great importance to the future health of the female; it should be kept up at least four weeks: for the first week or ten days it is colored, the next week it becomes somewhat more thickened, and of a yellow appearance, and during the last portion of the time, it is somewhat of a bad odor and less glutinous.

CHAPTER XX.

INFLAMMATION OF THE WOMB AFTER CHILDBIRTH.

This disease frequently originates from the harshness adopted by some physicians during labor—the effects of morphine and ergot, contracting and irritating that organ—from rashness in tearing the placenta away without waiting a proper time—from administering medicine whose properties suppress the Lochial Discharge—from sudden cold—too much exertion—seeing too much company and conversing too freely—from the effects of a damp room or damp clothing—from drinking cold water or fluids of any kind—

and from the ignorance of mothers. This disease is very dangerous, and very rapid in its termination; the Uterus being in so peculiar a state, it is predisposed to inflame and also to mortification. This disease very often terminates fatally, and thousands of young mothers are hurried to the grave from a want of immediate attention to the state of the Lochial Discharge; which ought always to be promoted whenever suppressed, without delay. The means used under the article headed Treatment for the Suppressed Mensis. may be used with advantage; and the Mode of applying warm vapor to the Vagina would also be highly beneficial in this case, and ought to be adopted with poultices of fomented smart weed to the abdomen.

CHAPTER XXI.

SYMPTOMS OF THE TURN OF LIFE.

Females about the age of forty-one, will commence sometimes to retain their Menstruation, and not to have any discharge only every second, and sometimes every third period. If there is no uneasiness at the time Menstruation is due at its stated period; if there is no pain in the back or head, and no darkness of the complexion; if the female

is not pregnant, and her Menstruation ceases,—it may be anticipated that the Turn of Life is approaching. Should the female at the age of from forty-one to forty-seven, at any period of Menstruation, after its term of from four to six days has passed away, and the regular Menstruation has passed off, continue to have a light colored discharge, with some feeble labor pains, with an uneasy contracting and spasm-like action of the Uterus or Womb, with a sense of heat in the back and sides ; she may conclude that the Turn of Life has approached with her, and that the Uterus is burthened with some clotters or congealed menstral fluid-matter, or some other foreign substance. Sometimes false conceptions occur at such a period, with a peculiar uneasy state of the nerves; there being an Ovary deposited in the Uterus, without any menstrual fluid to give it growth, this substance having subsided in the Uterine vessels, in the order of nature. Under such circumstances, it is necessary to use means to excite that organ to throw off, or exclude from its walls the offending substance, and give relief to the female. A partial discharge will take place, and continue to weaken, debilitate and reduce the female so long as that foreign matter, whatever it may be, is allowed to remain. In fleshy females, it is not unfrequently the case, that after their Menstrua-

tion begins to subside, and the Turn of Life has actually commenced, they will begin to bloat and swell; sometimes about the abdomen first, and sometimes about the lower limbs. Means of relief should be used immediately, or she will be thrown into dropsy, and require medical aid. This is a very critical period with many, and requires good management.

CHAPTER XXII.

TURN OF LIFE. DIRECTIONS AND MANAGEMENT.

We advise the female to wash her body over three times a week, just before going to bed at night, with a wash of salæratus water, as described in the fifth month of pregnancy. This will quiet the nerves remarkably. Avoid the use of green tea; it affects and excites the Womb. In this delicate stage use the means laid down for the promotion of a discharge from the Womb at every period when symptoms indicate their approach. A vegetable emetic would do much service in reviving the system. Use the Recipe 'Cure for Dropsy,' and promote the discharge of urine, should it be high colored and of a small quantity. We would direct the female to avoid sleeping on a feather bed, and have chaff or straw bed

or matress for that purpose. Simple as you may think this direction to be, it has a most salutary effect in promoting quiet, undisturbed rest. This we know to be true in many cases. Use a drink of slippery elm tea if costiveness prevails. Salts, nitre, soda, or any cooling or debilitating medicine must be avoided. The vapor applied by the jar, as described in this work, when painful symptoms at nature's effort to discharge are experienced, will prove very salutary, beneficial and perfectly harmless. A ride in the open air occasionally will prove very strengthening and reviving to the general health, and quieting to the nerves, as well as otherwise beneficial. This management, used progressively from three to six months, will restore the female to health. This delicate and dangerous period, called "the turn of life," requires time, management, and a progressive, gradual, cautious and simple treatment, assisting nature in her efforts and changes. Then nature, the grand restorer, will take the lead, and a continuous state of health will be the gratifying result.

In the conclusion, it must be rememered that the peculiar debility in the period called the "Turn of Life," becomes more difficult and dangerous in females who are naturally fleshy and of sanguine, lymphatic temperament: the predisposition to bloat and dropsy predominates in such temperaments:

and therefore more attention should be paid to the discharges from the skin, as well as the increased quantity of the water from the Urinary passage. Those also of nervous and bilious temperaments which show a thin spare habit of body, are not so frequently affected at this period of life ; and there is less apprehension of its proving fatal to them. Much, therefore, depends upon the temperament of the individuals, as regards the anticipation of future danger. In females of the last class mentioned, it affects more particularly the small of the back, back part of the neck and the head, and produces a constant irritation of the spine, and general painful and nervous debility; when in those of the former class, it terminates in suppression of the urine, dropsy of the abdomen and chest, weakness of the back, coldness of the extremities, bloat of the limbs and general dropsy ; and without it is arrested before it partakes of this last character, it terminates fatally.

APPENDIX.

RECIPES.

TO STOP FLOWING FROM THE WOMB.

Recipe No. 1.—Take 1 oz. cayenne pepper, 1 oz. cranesbill, called also alum root, mix—use ½ an even tea spoonful every ten minutes in a tea cup full of hot water, keeping the system warm and rubbing the feet until the danger is over, washing the body and limbs over with salæratus water with cayenne pepper in it. Avoid the use of spirits of any kind, to the surface. Rub the limbs well to equalize the circulation.

Recipe No. 2.—Take black pepper, cinnamon and alspice, equal parts, and make a strong tea. Sweeten it well with honey or molasses. This is a domestic recipe, and can be used to advantage. Drink freely.

Recipe No. 3.—Take a common handful of the bark of the root of the sumach tree; after slicing it up fine, boil it well in 1 qt. soft water; strain it off, sweeten with honey, and add 1 tea spoon even full of cayenne pepper, or in its absence, black pepper, or a table spoonful of strong ginger, with brandy sufficient to prevent it from souring. This is remarkably good for females who menstruate too freely. It

is a simple, safe and very strengthening remedy, and can be used a week previous to menstruating.—Take about three wine glasses full per day immediately after eating. It will also cure the whites.

Recipe No. 4.—Take the leaves of sumach and witch hazel, a table spoonful of white or y ellow ginger root pulverized, (the white ginger root is preferable,) make a strong tea about the common strength of green tea, and drink it freely sweetened with honey. This drink during menstruation will prevent too great a discharge, and strengthen the parts, and cure the whites also.

Recipe No. 5.—Take of golden seal, cranesbill, and cayenne, 1 oz. of each, to 2 qts. good Madeira Port or Malaga wine, a wine glass full morning and evening. It is a safe and an effectual remedy for irregular and frequent mensis. Commence immediately after it stops, and continue it till the next period. This will cure the whites if the mensis is regular.

FOR SORE NIPPLES.

Recipe No. 6.—After relieving the bowels with pills, and washing the nipples with weak pearlash or salæratus water, obtain ½ oz. of gum arabac, ½ oz. of loaf sugar, ¼ oz. of salt petre, ⅛ oz. of burnt alum, pulverize and mix—sift it on the nipple, so as to cover it after the child has nursed. Obtain the top rim of the neck of a junk bottle, broken off and rubbed smooth on a grind-stone, one for each nipple; keep them in cold water during the time the child is nursing; dry them, sift on the powder, and

slip them over the nipple; let the stays or bosom so compress them as to keep them on. The child may suck off the composition, which is to be replaced again with the glass knobs. Be sure to relieve the bowels frequently with pills, if they are much sore and the blood be in fault. This proves a sure and effectual cure. The glasses keep them in shape and cool.

FOR DROPSY.

Recipe No. 7.—Take the bark or the root of wandering milk weed, otherwise called bitter root, and the root of the herb called the queen of the meadow, and the bark and leaves of dwarf elder, equal parts of each, say a handful; steep them in 1 qt. of pure Holland gin; if too strong, reduce with water, and take three table spoonfuls three times a day; continue its use for a week. If it loosens the bowels too much, do not be alarmed, it will prove an effectual cure. If only one of the above articles be obtained, they are valuable alone, and will prove beneficial, steeped in pure gin, and drank at intervals. Any one of these used as above will promote the discharge of urine.

TOO MUCH URINE.

Recipe No. 8.—To prevent the discharge of too much urine, which weakens the back and loins and produces general debility of the system; after using 2 laxative pills every night for a week, make a drink of the bark of the root of the sumach tree, after slicing it up fine, take a handful to a qt. of soft wa-

ter; add ½ lb. loaf sugar, enough to make it very sweet. This must be prepared and bottled, and one wine glass full taken immediately after eating, for three weeks. Use the salæratus wash three times a week on the surface of the whole body to promote perspiration.

FLUOR ALBUS, OR WHITES.

Recipe No. 9.—Take 2 oz. of gum arabac to 3 pts. Madeira wine, ½ oz. rhubarb in the root, grated—one wine glass night and morning. When the mensis is healthy and regular, this recipe will remove them; but under a deranged mensis, which is the cause of this disease, nothing will prove a permanent cure until the *cause* be removed.

THE WHITES.

Recipe No. 10.—Take ½ oz. gum kino, ¼ oz. of golden seal, ¼ oz. isinglass, ¼ oz. rhubarb grated—reduce them to powder; put them into 1 qt. fourth proof brandy or alcohol, 1 lb. loaf sugar. Take one table spoonful in the same quantity of water three times a day, after eating. A valuable remedy for whites with bearing down pains, &c., if the mensis is regular.

Recipe No. 11.—Take 1 oz. flour of hops, 1 oz. camomile flours in 1 qt. whiskey—quieting to the nerves and strengthening to the parts. 1 wine glass full night and morning, on rising and retiring.

DIRECTIONS FOR QUIETING THE NERVES.

From various causes the female is predisposed to

organic changes and derangements, producing an effect on the nervous system, and consequently affecting the temperament, disposition, mind, &c., which gives rise to a variety of peculiar feelings and emotions too numerous and diversified to admit of any description. We detect this state of the female system by placing the hand on the top of the head, where we find a spot very hot, the size of which spot varies according to the degree of nervous excitement existing. Coldness of the feet and hands predominate; lightness of the pulse, and not unfrequently palpitation of the heart, want of rest, &c., &c. Avoid the use of green tea, snuff, &c.; those are always excitable to the nervous system, and injurious without doubt. The most salutary effect which can be produced upon the nervous system of females in procuring rest, is the following: Let the female lie on a chaff or straw bed, instead of feathers. Just about bed time, let a quart or more of salæratus water be prepared hot—two tea spoonfuls of salæratus to a quart, with two table spoonfuls of soft soap with it. Let the female lie down, remove her undermost garment, and in this state, covered with a single sheet, let a friend wash her body and especially her back and spine, rubbing every part of her person well with a sponge or flannel, working under the sheet, to prevent any air from coming in contact with any part of her moist body; rub her off with a fine, soft, dry cloth; let her drink a bowlful of warm hop tea, strained off, with milk and sugar in it, a pillow filled with hops will promote sleep; also, sleep will give quietude and

strength to the nervous system. Repeat the washing three times a week for six weeks, and it will restore the nerves and promote health; (*regulate the mensis.*) When the spot on the head is very hot, take a fine towel, fold it up into six or eight folds, and wet it in cold water, wring it partly out and place it on the top of the head, confined with a cap or light bandage. Avoid any opiates or sedatives, laudanum, paregoric or preparation of morphine; instead of quieting the nerves they stupify and benumb them; after the effects subside, they rage the more and debilitate the system. With this simple treatment we have restored many half destracted, unhappy females to a continuous state of quietude and natural repose of the nervous system. A tea made from red pepper alone, and drank through the day proves very salutary and quieting.

The following Recipes for cordials or drink, we consider our most successful efforts.

Recipe No. 1.—Take 1 oz. of the leaves of sweet fern, (dried in the middle of September, and not before,) pulverized, and confined from the air in a bottle, 1 oz. of the seeds of angelica, 1 oz. of American valerian; boil in 2 qts. soft water; add honey enough to sweeten, and one pint of pure gin to prevent it from souring; bottle for use. Take three small wine glasses per day; continue its use for six weeks, with the above directions.

Recipe No. 2.—Take ½ oz. of flour hops, ½ oz. sweet fern leaves, pulverized, 1 tea spoonful cayenne pepper, in 2 qts. water; boil—sweeten—drink three

cupfuls a day. This is very salutary, with the washing, &c.

THE PILES.

They are of two kinds, those commonly termed the Bleeding Piles, and the Blind Piles. They originate from two causes:—from costiveness, arising from the unhealthy state of the stomach and improper diet, and from inattention to the calls of nature at the time required. The rectum, or bowel near the fundament or anus, becomes enlarged, distended and weak from repeated causes above alluded to.—This disease is superinduced and confirmed until the rectum passes down from the body and a chronic derangement of the parts is the consequence; darting pain of the most acute nature up the center of the body, and a hard ring round the anus or fundament, with inflammation and soreness, itching, burning and a distracting sensation during the night, and in protracted cases, inflammation, bleeding of the parts and coming down of the rectum, are the prevailing symptoms.

DIRECTIONS AND TREATMENT.

We advise the sufferer to wash the parts habitually night and morning, on rising and retiring, with a small flannel or sponge and soap and soft water, either cold or hot, as is best suited to convenience. This will remove a diseased fluid that discharges from the parts, which is irritating to them. This direction, simple as it is, when habitually adopted, will save much suffering.

LAXATIVE MEDICINE.

Castor oil as a laxative, magnesia, salts and senna, prepared in fluid, or rhubarb and annis seed steeped in whiskey, well sweetened with molasses, prove to be gentle and harmless laxatives; prepared and taken habitually in small quantities, just enough to give a pleasant easy motion to the bowels will almost entirely overcome the difficulty.

Recipe No. 1.—Take the extract of the bark of the root of the butternut tree, in the winter, and the bark of the body of the tree in the spring and summer, and the unripe nut in the fall, boil down and extract all its virtues; strain off—gradually simmer it down to the consistency of tar; do not scorch or burn it. Take the bark of the root of slippery elm, dry and pulverize—mix and pill for use.—Take three common sized pills twice a day. This is the best laxative for Piles and costiveness ever known. They strengthen and relieve every part, and the use of them for three weeks will frequently effect a permanent cure.

Recipe No. 2.—OINTMENT. ½ oz. oil of tar, ½ oz. balsam fir to 4 oz. fresh butter, simmer them together, rub and work the parts with ointment on the finger, after washing night and morning. Attention to these directions, management in diet, keeping the bowels in a gentle laxative state, avoiding wetting the feet and other imprudencies, will relieve almost all common cases.